

ADAPTABLE CONTAINER ON A BELT AND BELT COMPRISING SUCH A CONTAINER

FIELD OF THE INVENTION

The present invention relates to the field of equipment for sports. More particularly but not exclusively, it relates to a device for allowing a user to consume or drink a liquid without interrupting the user's sports activity.

BACKGROUND TO THE INVENTION

The following discussion of the background to the invention is intended to facilitate an understanding of the present invention. However, it should be appreciated that the discussion is not an acknowledgment or admission that any of the material referred to was published, known or part of the common general knowledge in any jurisdiction as at the priority date of the application.

A sporting activity can cause a huge loss of water from the body, notably through perspiration. It is known that dehydration during endurance sports can cause great difficulties for an athlete:

- A slight dehydration can cause problems such as tendonitis, cramps, muscle aches, digestive problems and kidney stones,
- A risk of "heat stroke" due to decreased or lack of perspiration and poor cooling of the body,
- A drop in performance: A 1% loss of body weight due to dehydration decreases the level of muscle and physical performance by 10%, furthermore, severe dehydration can lead to death.

In addition, it is known that the best way for an athlete to rehydrate during a sporting activity is to drink small amounts of water regularly.

There are existing devices in place for an athlete to rehydrate during a sporting activity:

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- Belts that can contain one or more removable flasks or canisters of water. However, it is not always easy to drink from these flasks or canisters while practising the sport. These flasks or canisters do not allow an athlete to drink small amounts of water regularly and conveniently.

- Small bag packs containing a water bladder/reservoir, called "camelbaks®" bags, the water bladder/reservoir containing a tube or hose through which an athlete can drink the water. However, these bag packs are bulky, heavy and not very practical. These bag packs also cover almost the entire back area of the athlete, trapping heat and raising the body temperature of the athlete, contributing to heat exhaustion and dehydration.

It is therefore an object of the present invention to overcome, or at least ameliorates in part, one or more of the aforementioned problems.

SUMMARY OF THE INVENTION

Throughout this document, unless otherwise indicated to the contrary, the terms "comprising", "consisting of", and the like, are to be construed as non-exhaustive, or in other words, as meaning "including, but not limited to".

In accordance with a first aspect of the invention, there is provided a device for allowing a user to consume a liquid without interrupting the user's sport activity, comprising:

- a container for containing a liquid;
- a belt member connected to the container for securing the container to the user's waist; and
- a tube connected to the container for allowing the user to consume the liquid contained in the container.

Preferably, the belt member comprises a first part, a second part and a third part.

Preferably, the belt member is made of an elastic or stretchable material.

Preferably, the belt member comprises a quad-glide or tri-glide.

Preferably, the belt member comprises a velcro strap.

Preferably, the device further comprises a pouch which is water or dirt resistant.

Preferably, the container is enclosed within the pouch.

Preferably, the pouch comprises a first opening for receiving the container and for removing the container from the pouch.

Preferably, the pouch further comprises a second opening for receiving the tube.

Preferably, the pouch further comprises a third opening for allowing a liquid to enter and exit the container enclosed in the pouch.

Preferably, the container comprises a first opening which corresponds to the third opening of the pouch for allowing a liquid to enter and exit the container.

Preferably, the container further comprises a cap which is removably attached to the first opening for preventing the liquid from exiting the first opening when the cap is attached thereto.

Preferably, the cap comprises a one way valve.

Preferably, the cap is operable to connect with the opening of a liquid dispensing device.

Preferably, the liquid dispensing device includes a polyethylene terephthalate (PET) bottle, hose or tap.

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Preferably, the container further comprises a second opening which corresponds to the second opening of the pouch for receiving the tube.

Preferably, the container is the pouch.

Preferably, the pouch comprises a first opening for allowing a liquid to enter and exit the pouch.

Preferably, the pouch further comprises a cap which is removably attached to the first opening for preventing the liquid from exiting the first opening when the cap is attached thereto.

Preferably, the cap comprises a one way valve.

Preferably, the cap is operable to connect with the opening of a liquid dispensing device.

Preferably, the liquid dispensing device includes a polyethylene terephthalate (PET) bottle, hose or tap.

Preferably, the pouch further comprises a second opening for receiving the tube.

Preferably, the belt member comprises storage means for releasably attaching the tube to the device.

Preferably, the storage means is in the form of a hook or clasp.

Preferably, the tube consists of a nozzle.

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Preferably, the nozzle is removably attached to the tube.

Preferably, the nozzle comprises a close or valve to control the flow of water from the tube.

Preferably, the device further comprises holding means for holding one or more items.

Preferably, the holding means comprises a narrow, elongated and stretchable compartment.

Preferably, the compartment is operable to hold salt pills.

In accordance with a second aspect of the invention, there is provided a sports belt comprising a device according to the first aspect of the invention.

The device or sports belt described above presents numerous advantages:

- The load of the water is carried on the hips, the centre of gravity is thus lower than the "camelbak®", thus improving the stability of the user or athlete.
- The device or sports belt does not block perspiration from the back and allows cooling down of the body via the larger surface back area.
- The device or sports belt is easier and more comfortable to put on, it does not hamper the movement of the user's limbs.
- The device or sports belt does not require harnesses and minimises abrasion on the skin of the athlete.
- The device or sports belt is adaptable to suit a variety of sports activities such as running, cycling, roller blading, walking and hiking, activities that require, for most part, a bag pack, thus avoiding the use of the "camelbak®"
- The tube or hose allows the user or athlete to hydrate him/herself regularly in optimal small amounts.

- The device or sports belt can contain other small pockets or elastic loops to hold items or objects such as money, transport tickets, mobile phones and nutrition bars and gels etc..

BRIEF DESCRIPTION OF THE DRAWINGS

The present invention will now be described, by way of example only, with reference to the accompanying drawings, in which:

Figure 1 represents schematically, the perspective front view of a device for allowing a user to consume a liquid without interrupting the user's sport activity in accordance with a first embodiment of the present invention;

Figure 2 represents schematically, the rear view of the device of Figure 1;

Figure 3 is a perspective rear view of the device of Figure 1 in accordance with a second embodiment of the present invention;

Figure 4 is a perspective side view of the device of Figure 3; and

Figure 5 is a perspective view of the container of the device of Figure 3.

PREFERRED EMBODIMENTS OF THE INVENTION

Figures 1 and 2 illustrate a device (2) for allowing a user to consume a liquid without interrupting the user's sport activity in accordance with a first embodiment of the invention. The device (2), which is typically in the form of a sports belt, comprises a pouch (20) containing a container (not shown) to contain a liquid, notably water, a belt member (10), hereinafter referred to as the belt (10), connected to the pouch (20) for securing the container to the user's waist, and a tube (30) connected to the container for allowing the user to consume the liquid contained in the container. The container can be flexible or rigid. Preferably, the container is flexible as it will then

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conform to the shape of the back of the user thereby enhancing comfort. The belt (10) is made of an elastic or stretchable material and is also adjustable to ensure a constant snug fit minimizing lateral or vertical movement, thereby minimizing abrasion.

The assembly of the device (2) is preferably soft and conforms to the shape of the surface that is in contact with the user. The user can be a sportsperson or athlete practicing a sport and the liquid contained in the container can be pure water or a liquid that contains mineral salts or other forms of nutrients e.g. electrolytes.

In the current description of the device (2), the words "front", "back", "right", "left", "top" and "bottom" are understood as being relative to its orientation when worn by the user. Thus the front view of the device (2) is considered as the side that can be seen when facing the front of the user; the rear view is considered as the view behind the user. The external surface of the device (2) is the view that is visible when the device (2) is worn; the internal surface of the device (2) is that which comes into contact with the body of the user and so is not visible when the device (2) is used.

The belt (10) comprises a first part (10a) and a second part (10b) situated on either side of the pouch (20). The parts of the belt (10a, 10b) contain a quick release catch (11) and a buckle (12) to allow the user to lock and adjust the length of the belt (10), if the need arises, when the liquid is consumed by the user. In the embodiment illustrated in Figures 1 and 2, the belt (10) is constructed with textile material. The parts of the belt (10a, 10b) contain the following:

- A substantially vertical cylindrical sleeve (13) is placed on the external side of one part of the belt (10a), to the right of the user. The sleeve guides the tube (30) from the back of the pouch (20) towards the user.
- Storage means for releasably attaching or securing the tube (30) to the device (2). The storage means can be in the form of a storage device (14) that is used to secure one end of the tube (30) to the device (2). The storage device (14) is placed

vertically on the external face of one part of the belt (10b), for example, placed on the left of the user as illustrated in Figure 1. This storage device (14) can take the form of a second sleeve in which the opening is widened to facilitate the entry of the tube (30). The storage means can also take the form of a hook or a clasp for quick attachment and detachment of the tube (30).

The pouch (20) is made up of fabric or textile material, takes an elongated form and is substantially rectangular in shape, with the length of the pouch (20) being parallel to the length of the belt (10a, 10b). The pouch (20) is, by itself, capable of containing the liquid even if it is, for example, constructed of a fabric material due to internal plasticizing. To maintain the temperature of the liquid in the container, the internal surface of the pouch is made of an insulating material. The pouch is also made of water or dirt resistant material.

The pouch (20) can comprise loops and seams to allow it to be connected or fixed to the belt (10) or the parts of the belt (10a, 10b). In this particular embodiment, the pouch (20) is lengthened at each end by triangular parts (20a, 20b). The triangular parts (20a, 20b) are sewn to both ends of the parts of the belt (10a, 10b). In an alternative embodiment, the internal side of the pouch (20) or the face of the pouch that comes into contact with the user's back is a continuous weave, including parts of the belt (10a, 10b) to avoid gaps and seams that might irritate the skin of the user. In this alternative embodiment, the pouch (20) is integral with the belt (10). The internal side of the pouch is made of a non-slip material such as polyurethane denier to ensure a constant snug fit and minimizing lateral or vertical movement of the pouch against the back of the user, thereby minimizing abrasion.

The container which is contained within the pouch (20) comprises two openings:

- A first opening (not shown) enclosed by a screw-on removable cap (32) for the refilling of the container and to maintain its watertight nature once refilled. The removable cap (32) is linked to the container by a strap (33), thus securing it in place and preventing it from being lost. The removable cap (32) is for preventing the liquid

from exiting the first opening when the cap (32) is attached thereto. The removable cap (32) can be a one way valve cap which can comprise of a diaphragm like membrane. The one way valve cap allows liquid to enter the container but at the same time prevents the liquid from exiting the container via the first opening, which prevents backflow of liquid when the user is performing a sports activity.

The one way valve cap is operable to connect or mate with the opening of a liquid dispensing device such as the opening of a polyethylene terephthalate (PET) bottle, a hose or tap to allow relatively quick and easy refilling of the container by the user or a third party before or during the course of a sports activity such as a marathon race. The user refills the container by either connecting the opening of a PET bottle with the one way valve cap and emptying the liquid into the container; or connecting a hose or tap placed at water points which dispenses liquid via the one way valve cap into the container. This will also help to minimize wastage in terms of paper cups used and help ease logistical burdens during such a sports activity. In addition, as the user is likely to empty the liquid in a PET bottle into the container at the water points, the PET bottles can be gathered easily at one location and this facilitates the recycling of such PET bottles.

- A second opening (not shown) for receiving the tube (30). In this embodiment, the tube (30) is connected to the second opening. This second opening is situated near or at the bottom of the container, in such a fashion that the user can drink as much of the contents of the container as possible and properly.

The pouch (20), itself, contains three openings:

- A first opening (not shown) in the vicinity of the ends (20a, 20b) for receiving the container and for removing the container from the pouch (20). In other words, the first opening advantageously allows one to put in the container or to take it out when desired. Thus, in the case of leakage, the container can be removed and easily be replaced by a new container. In the example illustrated in Figure 2, this first opening is covered by a button (22), but it can also be closed by other means such as Velcro, a zip or the like. In an alternative embodiment, the container can be sewn

to the interior of the pouch (20) during fabrication making it fixed to or irremovable from the pouch (20).

- A second opening (23) located near or at the bottom of the pouch (20). The second opening of the container described above corresponds to this second opening (23) of the pouch (20). The second opening (23) is for receiving the tube (30) which allows the passage of the tube (30) there through.

- A third opening (24) which allows the access of the removable cap (32) to the container and access by the user. The first opening of the container described above corresponds to this third opening (24) of the pouch. In this way, the third opening (24) allows a liquid to enter and exit the container which is enclosed in the pouch (20).

The container is constructed using a soft plastic material of food-grade, preferably not containing bisphenol. Its volume is preferably around 1.5 litres. The container or the belt (10) can be made and delivered with a tube (30) with excess length, in a way such that the user can adjust the length to the user's height and to the user's needs. The tube (30) contains a nozzle (31) at its end to allow the consumption of the liquid by the user or sportsperson. This nozzle (31) in this case is separate from the tube (30) and can be removably attached to the tube (30). In this way, the nozzle (31) can be removed or detached from the tube (30) when the tube (30) is to be cut to suit the torso height of the user. Once the tube (30) is cut to its desired length to suit the user, the nozzle (31) is then placed back onto the newly cut tube (30).

The nozzle (31) comprises a close or valve such as a bite-valve (not shown) that controls the flow of water from the tube (30) such that it prevents or stops the flow of water from the tube (30) when no force is exerted on the close or bite-valve of the nozzle (31). For the close or bite-valve to be open so that water can flow from the tube (30), the user must exert some force on the close or bite-valve of the nozzle (31) so as to establish an opening for the water to flow. The user can do this by simply biting the nozzle (31) where the close or bite-valve is situated to re-establish

the opening allowing the water to flow from the tube (30). In fact, without this close or valve, the container is at risk of draining itself by siphoning.

As the nozzle (31) is located at one end of the tube (30), the storage device (14) which is used to secure the end of the tube (30) to the device (2), can also hold the nozzle (31) in such a way that it protects the nozzle (31) from the weather and dust as there is no cap to the nozzle (31).

In accordance with a second embodiment of the invention, there is disclosed a device (100) for allowing a user to consume a liquid without interrupting the user's sport activity. As illustrated in Figures 3, 4 and 5, the device (100) comprises a container (102) for containing a liquid, a pouch (104) for containing the container (102), a belt member (106) connected to the pouch (104) for securing the pouch (104) to the user's waist, and a tube (108) such as in the form of a hose connected to the pouch (104) for allowing the user to consume the liquid contained in the container (102). Similar to the first embodiment of the invention as described above, preferably, the container is flexible as it will then conform to the shape of the back of the user thereby enhancing comfort. The belt (10) is made of an elastic or stretchable material and is also adjustable to ensure a constant snug fit minimizing lateral or vertical movement, thereby minimizing abrasion.

The belt member (106), hereinafter referred to as the belt (106), comprises a first part (106a), a second part (106b) and a third part (106c). The first part of the belt (106a) comprises a strip of material that is connected to one side or one end of the pouch (104a) and a quad-glide or tri-glide (110). The second part of the belt (106b) comprises a strip of material with two ends. One end of the second part of the belt (106b) is connected to the quad-glide or tri-glide (110) and this interacts with the first part of the belt (106a) to allow for size adjustments for various waist lengths of different users. The second end of the second part of the belt (106b) is connected to the third part (106c) of the belt member (106) via a loop device (112). The third part (106c) of the belt member (106) comprises a strip of material that is connected to the

other side or other end of the pouch (104b) and the loop device (112). The quad-glide or tri-glide (110) is made of a light weight non-metallic material. Similar to the device (2) described above according to the first embodiment of the invention, the belt (106a,b) is made of an elastic or stretchable material and is also adjustable to ensure a constant snug fit minimizing lateral or vertical movement, thereby minimizing abrasion.

The second part of the belt (106b) comprises a Velcro strap which has a hook side and a loop side (not shown). The second part of the belt (106b) goes through the loop device (112) and hooks back onto itself where it is secured via Velcro. To secure the device (100) to a user's waist, the user has to first disengage the hook side from the loop side of the Velcro strap of the second part of the belt (106b), followed by passing the hook side through the loop device (112) and bringing it back towards the Velcro loop side of the second part of the belt (106b) to re-engage with the loop side. Advantageously, the user can loosen or tighten the device (100) around his/her waist by simply adjusting the Velcro strap accordingly, even when the user is consuming the liquid. Furthermore, as the volume of liquid in the container (102) decreases, the belt (106) can be adjusted using the Velcro strap to ensure a continued snug fit to the waist, minimizing the lateral or vertical movement thereby minimizing abrasion.

Similar to the device (2) described above according to the first embodiment of the invention, the container (102) of the device (100) in this second embodiment comprises two openings:

- A first opening (114) enclosed by a screw-on removable cap (116) for the refilling of the container (102) and to maintain its watertight nature once refilled. The removable cap (116) is for preventing the liquid from exiting the first opening (114) when the cap (116) is attached thereto. The removable cap (116) can be a one way valve cap which can comprise of a diaphragm like membrane. The one way valve cap allows liquid to enter the container (102) but at the same time prevents the liquid

from exiting the container (102) via the first opening (114), which prevents backflow of liquid when the user is performing a sports activity.

The one way valve cap is operable to connect or mate with the opening of a liquid dispensing device such as the opening of a polyethylene terephthalate (PET) bottle, a hose or tap to allow relatively quick and easy refilling of the container by the user or a third party before or during the course of a sports activity such as a marathon race. The user refills the container by either connecting the opening of a PET bottle with the one way valve cap and emptying the liquid into the container; or connecting a hose or tap placed at water points which dispenses liquid via the one way valve cap into the container. This will also help to minimize wastage in terms of paper cups used and help ease logistical burdens during such a sports activity. In addition, as the user is likely to empty the liquid in a PET bottle into the container at the water points, the PET bottles can be gathered easily at one location and this facilitates the recycling of such PET bottles.

- A second opening (not shown) comprises a non-removable heat sealed outlet (118) for receiving the tube (108). In this embodiment, the tube (108) is linked to the second opening by means of the non-removable outlet (118). This second opening is situated near or at the bottom of the container (102), in such a fashion that the user can drink as much of the contents of the container (102) properly. The heat sealed outlet allows liquid to flow into and out of the container.

Similarly, the pouch (104), itself, contains three openings:

- A first opening (not shown) for receiving the container (102) and for removing the container (102) from the pouch (104). In other words, the first opening advantageously allows one to put in the container (102) or to take it out when desired. Thus, in the case of leakage, the container (102) can be removed and easily be replaced by a new container. This first opening can be closed by a button, Velcro, a zip or any other means of the like. In this second embodiment, the first opening is closed or covered by a concealed zipper running alongside the topside of the pouch (104).

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- A second opening (120) located near or at the bottom of the pouch (104). The second opening of the container and the non-removable heat sealed outlet of the container (118) described above corresponds to this second opening (120) of the pouch (104) as illustrated in Figure 3.
- A third opening (122) which allows the access of the removable cap (116) to the container (102) and access by the user. The first opening (114) of the container (102) described above corresponds to this third opening (122) of the pouch (104). In this way, the third opening (122) allows a liquid to enter and exit the container (102) which is enclosed in the pouch (104).

The container (102) is similarly constructed using a soft plastic material of food-grade, preferably not containing bisphenol. Its volume is preferably around 1.5 litres. For customisability, the device (100) is made with excess strap of the belt (106a) and tube (108) length in such a way that a user can adjust the length to the user's height and needs.

The tube (108) similarly comprises a nozzle (124) at its end to allow the consumption of the liquid by the user or sportsperson. As illustrated in Figure 4, the nozzle (124) in this case is separate from the tube (108) and can be removably attached from the tube (108). In this way, the nozzle (124) can be removed or detached from the tube (108) when the tube (108) is to be cut. Once the tube (108) is cut to its desired length to suit the user, the nozzle (124) is then placed back onto the newly cut tube.

Similar to the nozzle (31) of the device (2), the nozzle (124) comprises a close or valve such as a bite-valve (not shown) that controls the flow of water from the tube (108) such that it prevents or stops the flow of water from the tube (108) when no force is exerted on the close or bite-valve of the nozzle (124). For the close or bite-valve to be open so that water can flow from the tube (108), the user must exert some force on the close or bite-valve of the nozzle (124) so as to establish an opening for the water to flow. The user can do this by simply biting the nozzle (124) where the close or bite-valve is situated to re-establish the opening allowing the

water to flow from the tube (108). In fact, without this close or bite-valve the container is at risk of draining itself by siphoning.

The belt (106) further comprises storage means in the form of a hook or a clasp (126) for quick attachment and detachment of the tube (108) to the device (100). Advantageously, the hook or a clasp (126) allows for ease of reach and for "eyes free" operation. As the nozzle (124) is located at one end of the tube (108), the hook or clasp (126) which is used to secure the end of the tube (108) to the device (100), can also hold the nozzle (124) in such a way that it protects the nozzle (124) from the weather and dust.

The pouch (104) further comprises reflective strips (128) to enhance visibility at night and improves the safety of users or athletes during sports activity at night. Similar to the device (2) described above according to the first embodiment of the invention, to maintain the temperature of the liquid in the container, the internal surface of the pouch is made of an insulating material. The pouch is also made of water or dirt resistant material. The face of the pouch that comes into contact with the user's back is also made of a non-slip material such as polyurethane denier to ensure a constant snug fit and minimizing lateral or vertical movement of the pouch against the back of the user, thereby minimizing abrasion.

The device (100) further comprises holding means for holding one or more items. The holding means can be in the form of compartments, pockets, slots and/or fasteners. Such items include power bars, power gels, keys, mobile phones, MP3 players, cash, cards, salt pills, race tags, ID cards which will contain critical information of the user or athlete such as blood type, drug allergies, emergency contact, etc.. As illustrated in Figures 3 and 4, the device (100) comprises slots (130) for holding power gels, a compartment (132) with a zipper (134) for holding a mobile phone, a slot (136) for holding an ID tag and fasteners (138) for holding a race tag. Holding means in the form of a narrow, elongated and stretchable compartment (140) is operable to hold salt pills where the user can slide the pills out

one at a time. The device (100) is thus not only environmentally friendly with its refillable features, it is also a more complete nutritional solution for the user while exercising comprising of hydration, salts and energy gels.

In accordance with a third embodiment, the container takes the form of a pouch extended on both sides by a belt. In other words, the pouch constitutes the container and there is no need for a separate container to be contained within the pouch. In this alternative embodiment, the container takes the form of an elongated pouch extended on both ends by a belt and is flexible. The pouch in this embodiment comprises two openings instead of three openings. The first opening is for allowing a liquid to enter and exit the pouch and the second opening is for receiving a tube allowing the user to consume the liquid contained in the pouch. There is no third opening as there is no need to receive or remove any container. The pouch also comprises a cap as described above which is removably attached to the first opening for preventing the liquid from exiting the first opening when the cap is attached thereto. The cap can be a one way valve cap.

Similar to the second embodiment of the invention described above, the one way valve cap is operable to connect or mate with the opening of a liquid dispensing device such as the opening of a polyethylene terephthalate (PET) bottle, a hose or tap to allow relatively quick and easy refilling of the container by the user or a third party before or during the course of a sports activity such as a marathon race. This will also help to minimize wastage in terms of paper cups used and help ease logistical burdens during such a sports activity. During a sports activity, the user refills the container by either connecting the opening of a PET bottle with the one way valve cap and emptying the liquid into the container; or connecting a hose or tap which dispenses liquid with the one way valve cap.

Although the foregoing invention has been described in some detail by way of illustration and example, and with regard to one or more embodiments, for the purposes of clarity of understanding, it is readily apparent to those of ordinary skill in

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the art in light of the teachings of this invention that certain changes, variations and modifications may be made thereto without departing from the spirit or scope of the invention as described in the appended claims.

It would be further appreciated that although the invention covers individual embodiments, it also includes combinations of the embodiments discussed. For example, the features described in one embodiment is not being mutually exclusive to a feature described in another embodiment, and may be combined to form yet further embodiments of the invention.

Claims

1. A device for allowing a user to consume a liquid without interrupting the user's sport activity, comprising:
 - a container for containing a liquid;
 - a belt member connected to the container for securing the container to the user's waist; and
 - a tube connected to the container for allowing the user to consume the liquid contained in the container.
2. A device according to claim 1, wherein the belt member comprises a first part, a second part and a third part.
3. A device according to claim 1 or claim 2 wherein the belt member is made of an elastic or stretchable material.
4. A device according to any preceding claim wherein the belt member comprises a quad-glide or tri-glide.
5. A device according to any preceding claim wherein the belt member comprises a velcro strap.
6. A device according to any preceding claim, further comprising a pouch which is water or dirt resistant
7. A device according to claim 6, wherein the container is enclosed within the pouch.
8. A device according to claim 7, wherein the pouch comprises a first opening for receiving the container and for removing the container from the pouch.
9. A device according to claim 8, wherein the pouch further comprises a second opening for receiving the tube.

10. A device according to claim 9, wherein the pouch further comprises a third opening for allowing a liquid to enter and exit the container enclosed in the pouch.
11. A device according to claim 10, wherein the container comprises a first opening which corresponds to the third opening of the pouch for allowing a liquid to enter and exit the container.
12. A device according to claim 11, wherein the container further comprises a cap which is removably attached to the first opening for preventing the liquid from exiting the first opening when the cap is attached thereto.
13. A device according to claim 12, wherein the cap comprises a one way valve.
14. A device according to claim 12 or claim 13 wherein the cap is operable to connect with the opening of a liquid dispensing device.
15. A device according to claim 14 wherein the liquid dispensing device includes a polyethylene terephthalate (PET) bottle, hose or tap.
16. A device according to any one of claims 11 to 15, wherein the container further comprises a second opening which corresponds to the second opening of the pouch for receiving the tube.
17. A device according to claim 6, wherein the container is the pouch.
18. A device according to claim 17, wherein the pouch comprises a first opening for allowing a liquid to enter and exit the pouch.
19. A device according to claim 18, wherein the pouch further comprises a cap which is removably attached to the first opening for preventing the liquid from exiting the first opening when the cap is attached thereto.
20. A device according to claim 19, wherein the cap comprises a one way valve.
21. A device according to any one of claims 18 to 20 wherein the cap is operable to connect with the opening of a liquid dispensing device.

22. A device according to claim 21 wherein the liquid dispensing device includes a polyethylene terephthalate (PET) bottle, hose or tap.
23. A device according to any one of claims 18 to 22, wherein the pouch further comprises a second opening for receiving the tube.
24. A device according to any preceding claim, wherein the belt member comprises storage means for releasably attaching the tube to the device.
25. A device according to the claim 24, wherein the storage means is in the form of a hook or a clasp.
26. A device according to any preceding claim wherein the tube consists of a nozzle.
27. A device according to claim 26 wherein the nozzle is removably attached to the tube.
28. A device according to claim 26 or claim 27 wherein the nozzle comprises a close or valve to control the flow of water from the tube.
29. A device according to any preceding claim, further comprising holding means for holding one or more items.
30. A device according to claim 29 wherein the holding means comprises a narrow, elongated and stretchable compartment.
31. A device according to claim 30 wherein the compartment is operable to hold salt pills.
32. A sports belt comprising a device according to any of the preceding claims.