

Biathlon National Team

Travel, Illness/Injury Recommendations

1. General Communication and Screening

Medical screening

- All new athletes should undertake an initial medical screening with A/Prof Jane Fitzpatrick or another Sports Physician.
- Medical screening updates should take place annually

Physical screening

- Physical screening should be undertaken annually with your physiotherapist.

AIS AMS (Athlete Management System)

- Athletes with access to the AMS should log whenever they are sick or injured.

2. Illness Prevention

Personal hygiene

- Hands should be washed:
 - before and after every meal
 - after every visit to the toilet
 - after any contact with other people
- Waterless hand wash antiseptic gel should be located at the entry point to communal spaces
- Training clothes should be washed regularly.
- Wear appropriate clothes including headgear whenever in winter environments.

Post training

- Always have dry under layers and warm outer layers to change into after training.
- Always have access to recovery food and water after training.

Team areas

- Ensure food preparation areas are always tidy, food is put away and dishes washed.
- Do not leave training clothes/hats/gloves in team areas

General

- Ensure that you are getting adequate sleep. Maximise other forms of recovery.
- Ensure adequate hydration and energy intake.

3. Illness Management

With on-set of all types of illness inform your coach and team-mates

First signs of a sore throat

- Use Betadine throat gargle every 3-4 hours.
- Take Zinc / Vitamin C tablets up to twice/day.
- Take Strepsils or similar antibacterial throat lozenges as required.

Headaches, runny nose, fever or diarrhoea

- Take Paracetamol for headaches/fever, 2 tablets immediately then every 4 hours.
- Use Nasal Decongestant Spray as per instructions for runny nose, but not for more than 3 days as tolerance may build.
- After diarrhoea take Gastrolyte or other rehydration products per instructions.
- Stay hydrated and avoid team areas, see isolation protocols below.

Isolation

- In all instances of gastro athletes (or coaches) should be isolated as soon as possible. When possible, this should be in a different hotel or apartment.
- If isolation is in a room in the same location, ensure alternative meal arrangements are in place. Try to isolate their bathroom as well.
- With initial cold/flu symptoms it's not always possible to be certain if athletes are sick or not. Once certain, the athlete should be isolated.

4. Injury Management

Ongoing injury management

- Ensure you have your management plan in place before departure.
- Ensure coaches are aware of your management plan and limitations.
- Ensure open communication lines with your primary care provider (doctor, physio etc.)

First Aid

- Follow RICE procedure for minor injuries – Rest / Ice / Compression / Elevation
- Seek advice from team coach or team physio if available.

Medical Advice

- Contact team doctor and/or physio remotely as required.
- Seek advice from locally based medical practitioners (including other teams).

5. Travel Advice

Personal Travel kit

- The following items should be included in your personal travel kit
 - Antibacterial wipes or waterless antiseptic gel
 - Zinc/Vitamin C tablets
 - Betadine sore throat gargle
 - Antibacterial sore throat lozenges
 - Paracetamol
 - Nasal decongestant spray

Flying and Jet-lag

- Take your own drink bottle.
- Set the time in your head to your destination time as soon as you are on the flight. Aim to sleep in "night time" and stay awake in "day time".
- You may also opt to move your body clock 1 hour per day towards the new time zone in the 3-4 days before you depart.
- Walk around regularly when awake. Consider wearing compression garments during the flight
- Avoid caffeine, alcohol and rich foods as these may keep you awake.
- Try to remain awake until the evening on your day of arrival. Light exercise during day time will also help to adjust.

6. Supplementation / Anti-Doping

Always consult and inform

- Supplements should only be taken after seeking advice from the team doctor.
- Ensure the coach is also aware of any supplements/medicine you are taking.