

SPORTS FORUM

Humans in Hot Climates

Practical Advice

Dr Peter Whitehead

Preparation

- Historical record of weather:
<https://www.wunderground.com>
- Acclimatisation
- “Fitness”
- Clothing
- Hydration strategy



Precautions

- Athletes with chronic health problems – discuss with physician
- Regular medication – discuss with physician
- Long haul flights - protect against dehydration, dvt, jet lag
- Check necessary vaccinations

Acclimatisation

- Complete acclimatisation takes up to 14 days, reduced if increased regular exercise at home prior to travel
- Improved regulation of body temperature
- Reduction in cardiovascular strain with reduced rating of perceived exertion
- Conservation of electrolytes with reduced sodium chloride in sweat

Acclimatisation

- No-one acclimatises in an air conditioned hotel or shopping mall!
- Increase exposure to climate



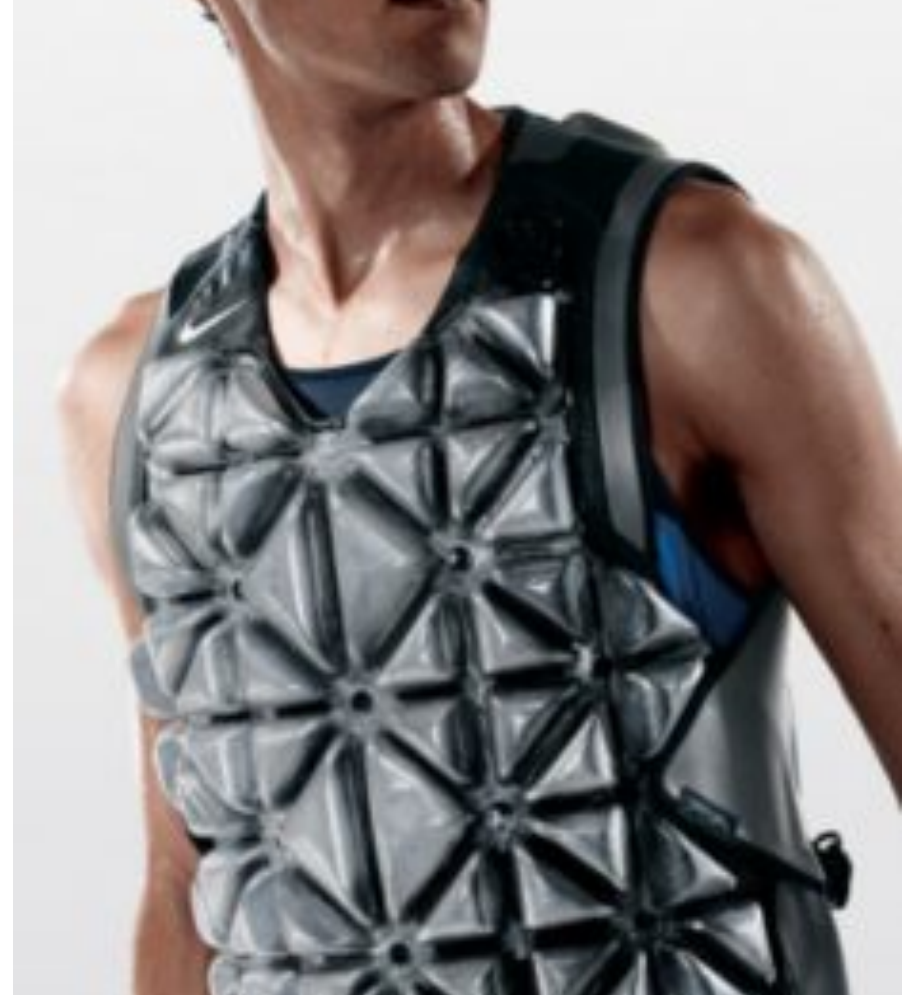
Aids to acclimatisation before travel

- Increased exercise
- Heat chamber
- Exercise in impermeable clothing
- Preferably these activities should be for 1 hour, daily, for 7 – 21 days



Good Practice

- **Before exercise**
 - Pre-cooling (vests, air-conditioning). Drinks, rest.
- **During exercise**
 - Thin, lightweight, white cotton clothing reflects heat and allows evaporation of sweat. Drinks.



Avoid sunburn

During exercise and at leisure

Avoid sunburn – clothing, hats and sun block

Drink

- Sunburn and heat illness can impair ability to cope with heat for up to 4 weeks

After Exercise



Cold drinks

Sipping cold drinks will help lower temperature



Remove clothing

Remove and loosen clothes

Change to cool cotton shirt if possible



Air conditioning

Portable units can be hired

If not, rest in shade



Air fan

Fans aid cooling as well as being refreshing

Cold sponging can be used

Hydration

- Good hydration before competing
- Make sure preferred drink is available at competition
- Electrolytes/isotonic sports drinks especially for endurance events



How much should I drink?

- Average person sweats 0.8 – 1.4 litres/hour, jogging at 20 degrees C
- Accurate measurement would be weighing:
- 1% loss body weight = early dehydration
- 2% loss = definite decline in physical and mental performance
- >2% loss can be life threatening

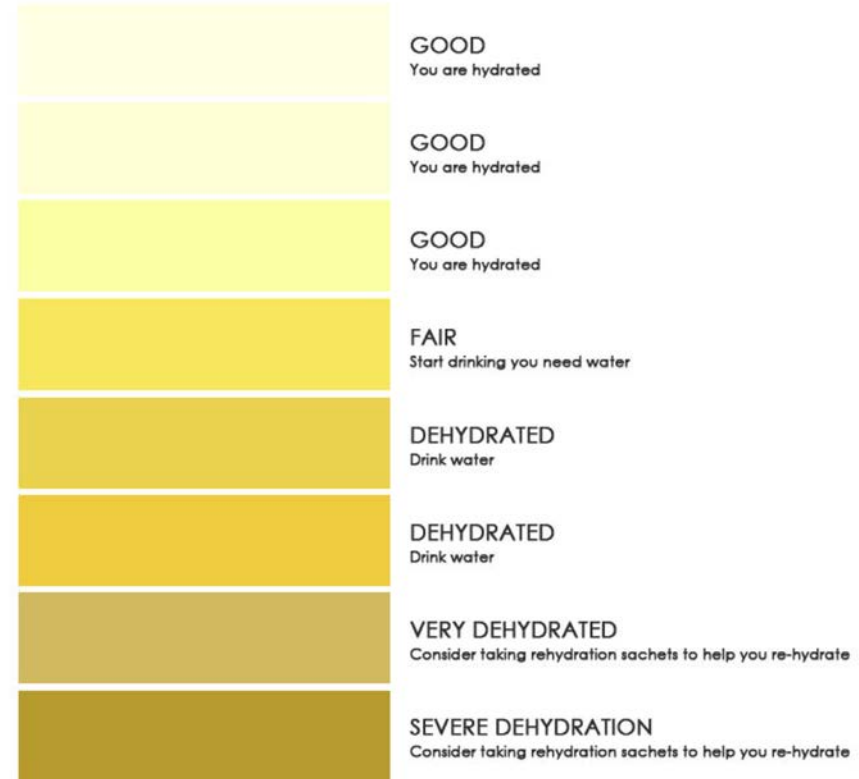
Measure dehydration

- Weight
- Urine chart

PLAYERSCOUT

Urine Hydration Chart

Use the chart below to stay hydrated for optimum sports performance.



www.playerscout.co.uk

Heat Illness

- Tiredness, weakness, feeling faint, headache
- Muscle cramps, nausea/vomiting
- Heavy sweating, fast pulse
- Loss of consciousness, convulsions
- First Aid and seek medical assistance





Use a fan
to lower
temperature

Elevate feet

Apply cold
compresses

Give fluids

Have the person lie down

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BUT

- After this winter in the UK
- A little warmth would be fine



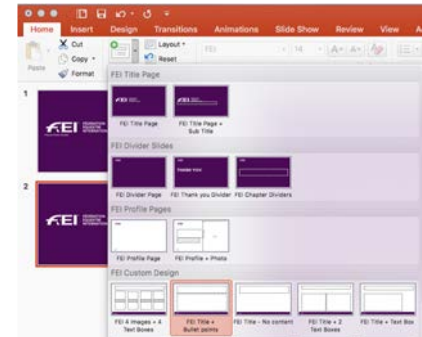
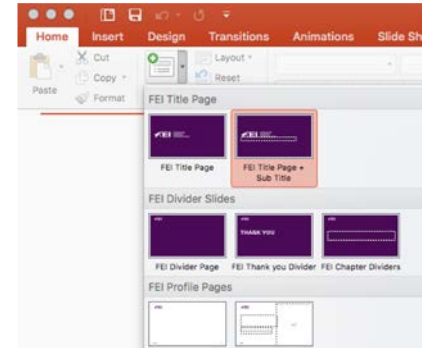
SPORTS FORUM

OPTIMISING PERFORMANCE IN A
CHALLENGING CLIMATE

Question and Comments Please.

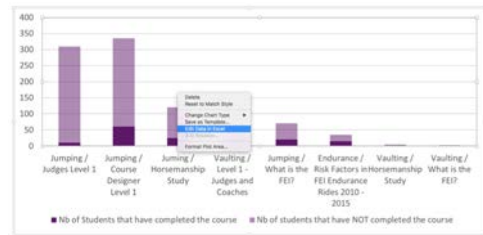
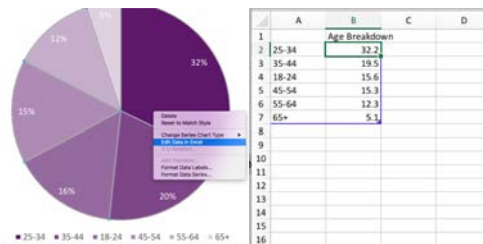
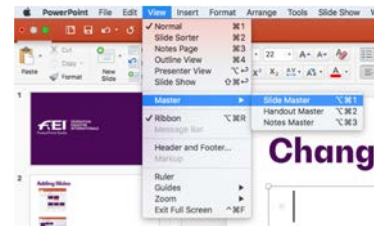
Adding Slides

- To start the document you will need to add a title page. To do this click on the arrow next to the “New Slide” button and select whichever title page best fits your presentation.
- To add a slide with a different design, follow the same procedure. Go into the arrow section and select a new slide.
- To repeat the same design as the slide you are on, simply press the “New Slide” button and the slide will appear as the following slide.
- To delete a slide, click on the slide on the sidebar and press backspace.



Changing chart data

- To change the chart data, go into the master slides, click on the View tab and then Slide Master.
- Select the chart you want to edit and right click, then select Edit Data in Excel.
- When in the Excel document choose the segments you need and then change the data on the chart.
- These changes will be automatically updated. You can place the chart into the document the same way as in the previous slide.
- To get back to the original document click on the View Tab and select Normal.



Changing word data

- To change a table, such as on the right here, go into the master slides, click on the View tab and then on Slide Master.
- Double click into the table and this will open up a word document displaying the same table.
- Any changes made to the word document will change the table inside the PowerPoint. When you have finished amending the data make sure you click save on the word document to save the changes in the PowerPoint file.
- To get back to the original document click on the View Tab and select Normal. The table can then be selected through the new slide tab as seen in slide 2.

Number of enrolled learners per course

Name	Course	Category	No. enrolled	% of completed
Jumping	Judges Level 1	Discipline	278	45.7%
Behaviour & Handling	Course Designer Level 1	Discipline	278	56.8%
Equine Collaboration	General Information	Homemanship	224	70.1%
Equine Anatomy & Physiology	The Respiratory System	Homemanship	198	61.6%
Homemanship Study	The Study	Homemanship	186	23.1%
Homemanship Study	Care of the horse	Homemanship	186	54.2%
Equine Health	Race health assessment	Homemanship	137	80.3%
Equine Health	Understanding and Preventing Bone Injury in Athletic Horses	Homemanship	130	52.3%
Homemanship	Arthritis Medication	Homemanship	127	67.0%
Homemanship	Nutrition and Event Biosecurity Measures	Homemanship	98	57.0%
Jumping	Intermediate Skills	Discipline	87	26.9%
The Equine Athlete	Gaits of the horse	Homemanship	87	52.9%
The Equine Athlete	Endurance and Endurance	Homemanship	80	50.0%
The Equine Athlete	How Do Equine Muscles Facilitate the Jumping Effort?	Homemanship	72	56.9%
Endurance & Feeding	Endurance	Homemanship	71	36.0%
Equine Anatomy & Physiology	The Digestive System	Homemanship	67	50.8%
Endurance	Level 1 - Judges and Coaches	Discipline	60	3.9%
Equine Health	Heat stroke trauma	Homemanship	59	54.2%
Jumping	What is the FEI?	Discipline	50	44.0%
The Equine Athlete	Shifting Loading and Weight Bearing in the Equine Foot	Homemanship	36	58.3%
The Equine Athlete	Surface Testing: Implications for Equine Performance and Injury	Homemanship	35	60.0%
Endurance	Risk Factors in FEI Endurance Races 2010-2015	Discipline	23	78.3%
Equine Health	Diseases of the Digestive System	Homemanship	22	60.0%
Equine Anatomy & Physiology	The Circulatory System	Homemanship	20	55.0%
Endurance	Intermediate Study	Discipline	7	14.3%
Endurance	What is the FEI?	Discipline	3	55.3%

Microsoft Word - Number of enrolled learners per course.docx

File Home Insert Layout References Send To Mailings View Layout Help

Number of enrolled learners per course

Name	Course	Category	No. enrolled	% of completed
Jumping	Judges Level 1	Discipline	302	5.0%
Jumping	Course Designer Level 1	Discipline	278	23.7%
Behaviour & Handling	Course Behaviour	Homemanship	227	55.5%
Equine Collaboration	General Information	Homemanship	224	70.1%
Equine Anatomy & Physiology	The Respiratory System	Homemanship	198	61.6%
Homemanship Study	The Study	Homemanship	186	23.1%
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Inserting videos + images

- When any of the following symbols are present this means that an image and/or video can be inserted into the slide.
- To add a file into these slides click on the symbol. This will allow you to access your computer's files so you can select the file you need.
- Once these files have been inserted into the slide you can scale them to size and move them as necessary.

