



Travel Preparations

Guidelines for Travelling to Competitions

Proud Supporters



RBC Wealth Management®

Titleist®



Canada

CLUBLINK
ONE MEMBERSHIP
more golf.



Official Partner Club

National Partners



Travel Preparation

Pre-Travel Checklist

- Passport / Visa / Health Insurance Card (if appropriate)
- Immunizations / anti-malarial – as long as possible before travel
- Insurance
 - Equipment / medical / personal
- Dental check-up
- Local currency
 - Coins for trolleys at airport, taxis, etc.?





Travel Preparation

Pre-Travel Checklist

- Medication
- Therapeutic Use Exemption Forms (TUE's)
- Contact details for lost credit cards / passport
- Cell phones
 - International access
- Inform airline of special diets





Travel Preparation

Travel

- Wristwatch / time keeping
- Comfortable and warm clothing for flight
- Hand luggage
 - Essential clothing – golf shoes?
 - Drink bottle
 - Food - appropriate
 - Medication – for flight and first few days of trip





Travel Preparation

Travel

- Hand luggage (Cont'd)
 - Contact numbers of hotel / people meeting you
 - Driver's licence
 - Sunscreen / sunglasses / cap
 - Ear plugs / eye shades / neck support
 - Contact lens case / solution – especially if sleeping during flight





Travel Preparation

Travel

- Carry extra food and drinks
- Do NOT assume that correct or sufficient food will be available (or it may be costly)
- Flights can cause you to become dehydrated
- Wear shoes which will still be comfortable if your feet swell during the flight





Travel Preparation

Flying

- Prepare for delays
 - Books / travel games / cards
- Avoid alcohol at airport or during flight
- Eat and drink sensibly
 - Dehydration
- Avoid too much tea, coffee and cola
 - Liquids containing caffeine = dehydration
- Drink at least 1 litre fluid during flight
 - Ask for extra drinks on flight





Travel Preparation

Flying

- Eat regularly
 - Take snacks onto the airplane
 - Try to stick closely to normal diet
- Exercise
 - Move around on aircraft / exercises and stretches in seat
- Take care of lifting heavy articles / golf bags off baggage carousel and into shuttles, etc.





Travel Preparation

Travel Fatigue

- Can occur even if you do not cross time zones
- May still be tired next day
- Try to have few days of low intensity work





Travel Preparation

Jet Lag

- Occurs when you have crossed a large number of time zones
- Is a result of your body's natural rhythm having to adapt to a new cycle of day and night
- Continues depending on the number of time zones crossed
- Most people find it more severe to travel towards the east





Travel Preparation

Jet Lag

•Symptoms:

- Loss of concentration
- Loss of appetite
- Headache
- Dizziness
- Nausea
- Constipation





Travel Preparation

Jet Lag

- Readjustment
 - 1 day for each time zone
 - Slightly quicker after westward travel





Travel Preparation

Melatonin

Studies by the British Olympic Association Medical Committee advise great caution in the use of drugs such as hypnotics (sleeping pills) or melatonin to help overcome jet lag. Melatonin is not licensed or available on prescription.

These drugs have unpredictable effects, including prolonged drowsiness in some individuals and they may even slow adjustment to new time zones. Only consider using sleeping pills or melatonin if you have used them before and know the effect on you. It is essential that your team doctor and other sports science and medicine support staff, such as team psychologist, are closely involved with your strategy to overcome jet lag as quickly as possible



CANADA



Travel Preparation

Coping with Jet Lag

- Can adjust prior to new time zone in minor way before departure
 - Try going to bed 1-2 hours earlier each day and rise earlier in morning
- If appropriate with local time, following meal (2 hours into flight) try to settle and sleep
 - Mentally switch off and stay relaxed
- Adapt to local time as soon as possible
 - Change your watch on the airplane
 - Avoid converting back to “home time”



CANADA



Travel Preparation

Coping with Jet Lag

- Avoid daytime napping for first few days
 - Encourages old rhythms
- Adopt local sleep/wake patterns as soon as possible
- When crossing a small number time zones (3-5 hours) train at mid-day or early in evening after a westward flight
 - Helps to keep you awake
- Train in early evening after an eastward flight
 - Helps your body clock to adjust in right direction



CANADA



Travel Preparation

Coping with Jet Lag

- Take meals appropriate for your new time zones
- Avoid large meals and caffeine containing beverages late at night as this may disturb sleep
- Certain foods and their timings help you to adjust
 - High protein foods (meat, dairy, fish) improve arousal levels
 - High carbohydrate foods cause drowsiness (light snack in evening)





Travel Preparation

Coping with Jet Lag

- Your body needs alternating periods of light and dark to adapt to the new cycle.
- Stay in daylight or bright artificial light during the day.
- Sleep at night
- Avoid prolonged daytime naps
- Should you take your own pillow?
- Use the same principles on returning to your home





Travel Preparation

Hot Climates

- Heat can reduce your performance if you are not used to it
- Exposure to hot conditions helps your body to adapt and acclimatize
- Undertake light training for first few days in the heat
- As you adapt to heat you will sweat more
 - Monitor fluid intake
 - Air conditioning can lead to dehydration





Travel Preparation

Coping With Heat

- During competition and training be aware of indications of dehydration or heat stress:
 - Headache
 - Nausea
 - Dizziness
 - Lack of coordination
- Modify warm-up / training to avoid over-heating
 - Try to use air-conditioned facilities
 - Stay in the shade, if possible and wear light coloured clothing



CANADA



Travel Preparation

Coping With Heat

- Heart rates will increase for normal exercise until you acclimatize to the heat
 - Adapt your training to account for this
- Reduce body temperature after exercise
 - Use shade / air-conditioned facilities
- Consult a doctor with illnesses which could dehydrate
 - Fever / URTI / diarrhoea / sickness
- Do not set room temperatures too low
 - Frequent changes from high to low temperatures may cause URT problems - sore throat / cough / runny nose





Travel Preparation

Coping With Heat

- Keep cool at night so that you sleep well
 - Try to keep the air-conditioning on – helps you to acclimatize
- Carry drinks with you at all times
 - Can quickly become dehydrated if become delayed and cannot get a drink





Travel Preparation

Protecting Yourself From the Sun

- You can burn even when it is cloudy
- It may be cooler in the wind, but you can still burn
- Use high protection factor even when in the shade
 - Hats / trees / awnings only give partial protection
 - SPF 15-20 if fair
 - SPF 10-15 for normal skin
 - Non-oily sunscreen





Travel Preparation

Protecting Yourself From the Sun

- Risk of burning is increased in southern hemisphere
 - SPF 20 and avoid sunbathing
 - Even with high SPF burning can occur 3x faster than in other hot sunny areas in the world
- Apply sunscreen 30 minutes before exposure to sun
 - Allows skin to absorb some of lotion
- Reapply regularly
- Whenever possible, cover exposed skin with light clothes and wear hat
- Black and dark skin can burn
- Wear eye protection with UV filter





Travel Preparation

Take Care if Swimming

Sun reflects off water

- Increases chance of burning

Reapply sunscreen after swim

- Even if supposed to be waterproof

Put t-shirt on as soon as get out of water

Wear hat, sunscreen and sunglasses besides water

Avoid sunburn

- Even mild reddening of skin can be uncomfortable
- Reduces acclimatization and may impair temperature regulation for several days



CANADA



Travel Preparation

Dehydration

- Increases when heat combined with high humidity
- Major way body cools itself is by evaporation of sweat
- When humidity high – less sweat evaporates – body temperature rises
- In an effort to cool, the body sweats more – quickly leads to dehydration.
- Dehydration may reduce performance
- If you are thirsty you are already dehydrated





Travel Preparation

Dehydration

- 1 kg weight loss = 1 litre water loss
- Replace with 1.5 times quantity of fluid lost
- Simple checks
 - Urine colour
 - Morning weight
 - Weight loss after training / playing





Travel Preparation

Avoid Dehydration

- Begin training / competition dehydration
- Make an effort to drink
 - In high heat and humidity this could be double normal amount
- Replace morning weight loss (or after training) by drinking more
- Work out how much weight you tend to lose during training / competition and drink this amount several hours beforehand
- Drink 0.5 – 1 litre fluid 30-60 mins before training / competition



CANADA



Travel Preparation

Avoid Dehydration

- Drink regularly through the day
- Extra drinks at every meal
 - Even if not thirsty, drink 0.5 litre of water, diluted fruit juice, squash
- Drinks bottle by bed at night
 - However drinking too much before bed may interrupt sleep
- Types of drinks
 - Electrolytes
- Be aware of calories in drinks





Travel Preparation

Altitude

- Oxygen content is same all over world
- At altitude, barometric pressure is lower
- Affects people as they start to exercise
 - May notice above 1,800 metres - Especially above 6,200 metres
- Greater reduction in endurance sports compared to power events
- Max rate body can use O_2 decreases with altitude and endurance is impaired





Travel Preparation

Altitude

- Initially can suffer from tiredness with exercise, headaches and occasionally nausea and difficulty sleeping
- Gradually passes as you acclimatize
- Adaptation varies between individuals
- At altitude may easily become tired





Travel Preparation

Coping with Altitude

- Fit and healthy
- Reduce training intensity
- Longer rests and recovery periods
- Reduce volume and intensity of training
- Plenty of sleep
- Eat plenty of carbohydrate-rich foods
 - Uses more muscle glycogen





Travel Preparation

Coping with Altitude

- Sun protection
 - More intense than at sea-level
- Eat more iron-rich foods before going to altitude
 - NOT iron supplements - can cause constipation
- Check iron stores 2 months before travel
 - In case require iron supplements





Travel Preparation

Cold Climates

- Exercise performance is reduced when body is cold
- Reduction in performance:
 - Max rate that body can use O_2 is reduced
 - Lactic acid appears in blood at lower levels of activity





Travel Preparation

Improving Performance in the Cold

- Several layers thin clothing
 - Better insulation
 - Layers can be removed
- Chose clothing depending on intensity of extremes
 - Better to be slightly cold at beginning
 - Quickly overheat if overdressed





Travel Preparation

Improving Performance in the Cold

- Select clothing to avoid sweating
 - Damp clothing increases rate at which heat is lost from body
- Avoid alcohol
 - Dilates blood vessels – increases rate of heat loss
- Use more energy exercising in cold
 - Snack more frequently





Travel Preparation

General Health Precautions

- Do not compete if
 - Higher than normal heart rate at rest
 - Severe muscle aches and pains
 - Chest infection
- Make sure training is appropriate if have illness
 - Chronic (asthma) or prolonged (glandular fever)
- Avoid dehydration if have diarrhoea or vomiting
- Treat athlete's foot quickly to avoid more severe infections
- Never share toothbrushes or razors



CANADA



Travel Preparation

Avoid Food Poisoning

- If you suspect inadequate sanitation or unclean water:
 - Do not eat from stalls or in markets but stick to well known or recommended places
- Choose hot well-cooked food
- Avoid re-heated food
- Do not eat ice-cream in hot countries where refrigeration may be suspect
- Do not drink tap water. Use bottled water.
 - Check the seal is intact
 - Use bottled water to clean teeth
 - Keep water out of mouth when showering / shaving





Travel Preparation

Avoid Food Poisoning

- Be wary of salads and raw vegetables
- Peel fruits
- No ice in drinks
- Avoid seafood
 - May have lived in contaminated water
- Avoid unpasteurised foods
- Avoid foods you do not normally eat
- When in doubt do NOT take risks





Travel Preparation

Guidance for Support Staff

- Get and remain fit
- Physiological challenges is greater in older and less fit people

Just be prepared !



CANADA