

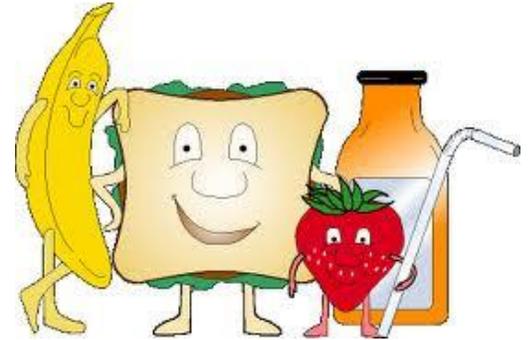


CIASA NUTRITION & HEALTH INFORMATION FOR EVENTS OVERSEAS

NUTRITION

■ **THINK PERFORMANCE!**

- Where possible stick to familiar foods ...don't be tempted to experiment.
- Control your portion sizes... don't over-eat.
- Select 1 choice of carbohydrate (bread, rice, pasta) and 1 choice of protein (meat, fish, poultry - or for vegetarians a dish containing pulses, beans, peas, torfu, quorn, nuts or seeds).
- Select 2 fruit / vegetable choices per meal. This ensures you consume enough vitamins and minerals.
- For those with food allergies and intolerances always check first.... ask before you eat if you are unsure of the ingredients.
- Stick to low calorie drinks and snacks.
- Snack on healthy options, such as fruit and yogurts between meals to control hunger.
- Have snacks with you in your hotel room and at the pool.
- Eat dark berries or drink concentrated cherry juice each day.
- Keep hydration levels high at all times (200ml every 30 minutes) with water, squash or products such as Gatorade.
- Top up your carbohydrate intake i.e. pasta, potato, rice, breads etc at meal times and snack on bananas, cereal bars (low sugar) and fruit. Increase portions slightly one day before you race.
- Where possible have your larger meals 2-4 hours before your race, a snack 1 hour before your race, and a recovery snack immediately after your race.
- Remember that when you are on taper you expend fewer calories, and fat mass can increase by 2lbs+ a week by over-eating 1300kcal per day ... just one Big Mac, Large Fries and Coke = 1350kcal!



MEDICAL & HEALTH



- Pay scrupulous attention to hygiene at all times, in particular to food and water consumption otherwise you may become unwell and your hard work training will be wasted.
- ✚ Take great care with personal hygiene especially at meal times and use **antibacterial hand gel** before handling food.
- ✚ Use **antibacterial hand gel** prior to attending the gym and when travelling in crowded environments – airports, buses, planes etc. and use to clean toilet door handles, bathroom taps, water bottle etc.
- ✚ Always close the toilet lid BEFORE flushing.....germs will travel.
- ✚ Take special care to keep your water bottle clean. Never drink from someone else's bottle.
- ✚ Always check the quality of the drinking water. If the tap water is unsafe then:
 - Only ever drink bottled water and use this and not the tap water to clean your teeth
 - Take special care not to swallow water in the shower
 - Avoid ice in drinks and food washed in water such as salad.
- ✚ Eat only fully cooked meats.
- ✚ Don't eat food bought from street vendors.
- ✚ Avoid un-peeled fruit.
- If you take any regular medication make sure you have packed adequate supplies to last the duration of the training camp/competition. If asthmatic take spare inhalers. Bring a list of your prescribed medication in case this is needed for Doping Control.
- Make sure you have had a dental check in the last few months or if there are any troublesome teeth get them seen to before you leave.
- Make sure that you pack adequate water resistant sun block, preferably of a high sun protection factor (S.P.F.) to include both A and B at least factor 25.
- If you do get any sickness or diarrhoea the most important thing to do is keep up fluid replacement.
- Make sure you get plenty of rest between sessions and at night to optimise recovery.



OPEN WATER SWIMMERS



- For swimmers with asthma it is worth taking 1-2 puffs of your rescue bronchodilator (the blue one- usually salbutamol) about 20-30 minutes before the start of the race to ensure maximal bronchodilation.
- For the older male swimmers have a close facial shave to prevent chaffing of the skin on the neck from stubble.
- When competing in conditions with bright sunlight use high factor water, resistant sun-block to the areas exposed during the course of the race.
- Apply Vaseline or similar petroleum jelly to areas likely to suffer chaffing-particularly important are costume straps, inner thighs, neck at point of contact on turning head as well as junction of hat and neck hairline if long hair.
- Ensure any open cuts/blisters have a water proof plaster or dressing to minimise the risk of secondary infection/contamination.
- If you are prone to sea sickness and the conditions are choppy consider taking cinnarizine 1 hour or so before the event.
- Ensure adequate fluid and glucose replacement during the course of the swim to avoid either dehydration or hypoglycaemia that can both impair performance.
- If bites or stings from jellyfish occur, treat these promptly after the race - topical vinegar helps the pain and oral cetirizine will help the irritation.
- After the swim, come out of the water slowly and don't stand up too quickly to avoid dizziness caused by a sudden drop in blood pressure.
- Shower well and thoroughly after completion of the swim.
- If you suffer any cuts/scratches/abrasions during the swim ensure that these are treated with an antiseptic cream and covered with a dressing if appropriate and watch out for any signs of infection developing over the next few days such as pain, redness or swelling – if these occur seek medical advice.
- If you develop diarrhoea or vomiting in the days after the event ensure fluid replacement and if it persists seek medical advice.



Ian Armiger, CIASA Technical Director