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# Travel Preparations

## Best practices for travelling to International Competitions

Proud Supporters  
Fiers partisans



Official Partner Club  
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# Travel Preparation

## Pre-Travel Checklist for International Events

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



# Travel Preparation

## Pre-Travel Checklist for International Event (cont.)

- Medication
- Therapeutic Use Exemption Forms (TUE's)
- Contact details for lost credit cards / passport
- Cell phones
  - Set-up International access while outside of Canada to save costs on roaming / data use.
- Inform airline of special diets



# Travel Preparation

## Travel Days

- Wristwatch / time keeping
- Comfortable and warm clothing for flight
- Hand luggage
  - Essential clothing – in case luggage gets lost (eg. golf shoes)
  - Food – appropriate healthy snacks
  - Medication – for flight and first few days of trip
  - Passport / Flight Information
  - Money / credit cards
  - Cell phone / mobile electronic devices



# Travel Preparation

## Travel

- Hand luggage (Cont'd)
  - Contact numbers of hotel / people meeting you
  - Driver's licence / Identification
  - 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 flights
- Eat and drink sensibly
  - Avoid 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

## 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”



# 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



# 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



# 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



# 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



# 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
- Choose 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



# 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
- Never 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 / brushing teeth



# Travel Preparation

## Avoid Food Poisoning

- Be wary of salads and raw vegetables that may have been washed in tap water
- Peel fruits
- No ice in drinks – ice could be made from tap water
- 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 !**

