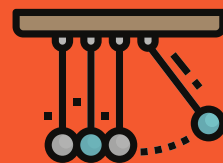


With summers getting hotter, start thinking now about how you can stay cool and perform at your best



HOW TO STAY COOL

- Stay out of the sun and look for shady places at the venue or air-conditioned rooms
- Wear lightweight, light-coloured, loose-fitting clothing
- Use a cold, wet cloth or spray water on your skin to cool down. Ice packs on the skin can also help.
- Drink ice-cold drinks
- Train at cool times of the day
- Do not hang about the race venue when you don't need to be there

ACCLIMATISE

A minimum of 10 days is required to acclimatise. You can do this before you leave home by gradually increasing the amount of training in temperatures $>25^{\circ}\text{C}$, up to 100 minutes. Try wearing clothes to make you hot when training. Keep doing this every 4 days to stay acclimatised. If possible, consult your team or doctor about how to acclimatise.

STAY HYDRATED

- Drink water or fruit juice and water before, during and after training. Drink before racing.
- Avoid sports drinks high in sugar or caffeine. Too much sugar can make you more tired and too much caffeine can make you nervous, lack concentration and have difficulty sleeping
- Keep your urine very pale yellow in colour at all times
- More info: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6422510/pdf/ktmp-06-01-1516537.pdf>

IMPORTANT FACTS



TEMPERATURES $>25^{\circ}\text{C}$ CAN REDUCE SPORTING PERFORMANCE, ESPECIALLY IF AIR HUMIDITY IS HIGH. AS AIR HUMIDITY GOES UP, THE TEMPERATURE AT WHICH YOU CAN SAFELY RACE OR TRAIN GOES DOWN.

YOU SWEAT TO COOL THE BODY BUT SWEAT CANNOT EVAPORATE IF THE AIR HUMIDITY IS HIGH, SO YOUR BODY TEMPERATURE WILL INCREASE, EVEN THOUGH IT MAY NOT FEEL THAT HOT OUTSIDE.

YOU DRINK WATER TO REPLACE THE FLUID YOU LOSE BY SWEATING AND BREATHING HARD. EVEN A SLIGHT AMOUNT OF DEHYDRATION REDUCES YOUR PERFORMANCE

ONCE THE AIR TEMPERATURE IS GREATER THAN SKIN TEMPERATURE OR SWEAT NO LONGER EVAPORATES BECAUSE IT IS TOO HUMID, YOUR CORE TEMPERATURE WILL RISE AND YOU CAN FEEL ILL.

FEELING TIRED, LIGHT-HEADED, HAVING DIFFICULTY CONCENTRATING OR HAVING A HEADACHE ARE SIGNS TO GET COOL AND DRINK MORE

IF YOU FEEL CONTINUE TO FEEL UNWELL, GO TO THE MEDICAL STATION IMMEDIATELY