

## PREPARE YOURSELF FOR HIGH-ALTITUDE CONDITIONS

Your activities during your first 2 to 3 days at altitude are crucial for ensuring you compete at your highest level and prevent disappointments. **Do not underestimate the impact of altitude.** Performance issues such as leg cramps, poor performance, and disrupted sleep can arise in higher elevations. Your recovery will be slower and once symptoms have set in, there likely will not be enough time to recover before match play. **Prevention is key!**

### Steps to Take:

**ADJUST YOUR PRACTICE SCHEDULE:** Arrive early to help acclimatise. Shorten the length of your usual practice time on your first day. Gradually increase the length of your practice sessions from day to day.

**HYDRATE, HYDRATE, HYDRATE!!!** Drink as much water and sport drinks as if you are playing in extreme heat conditions, even if the temperature does not appear hot. Avoid caffeine drinks (soda/coke, coffee, tea) and alcohol, which will contribute to dehydration. Your goal is to have almost clear urine to confirm proper hydration levels.

**BE SUN SAFE:** Wear a hat, apply sunscreen regularly and stay out of the midday sun whenever possible. The sun is stronger at altitude and the possibility of sunburn is much more common in high altitudes.

**MAINTAIN A GOOD DIET:** Ensure you eat a good diet that is high in carbohydrates. Be aware that the high altitude can cause loss of appetite. You may need to eat smaller amounts more frequently or consider eating energy bars as supplements.

**LISTEN TO YOUR BODY:** If you suffer from a headache, stop what you are doing and rest. Keep your exertion level to below the trigger point of your headache. If you feel unwell or your headache does not ease – see advice from the Physio and/ or Doctor onsite.

