

# REST HUB



## Support Staff Considerations

In the lead up to and during pinnacle events, support staff often sacrifice their own wellbeing while focusing heavily on the preparation of athletes. Staff are encouraged to carefully consider and prioritise their own preparations to perform at their best.



### Sleep

- > A consistent focus on good sleep hygiene practices will promote sleep in the lead-up to, and during the event, supporting cognitive and immune function.
- > Be well rested and prioritise sleep in the week before departure.
- > Naps can be used to top-up nighttime sleep. Naps should be 20-90 minutes long and ideally occur between 1-4 pm.
- > Make time to wind down before bed. Trial relaxation techniques and dedicate time to relax and unwind.
- > To help prepare the body for sleep, maintain a consistent routine in the lead-up to bedtime each night and aim to go to bed and wake up at a similar time each day ( $\pm 30$  minutes).
- > Optimise your sleep space, at home and away; where possible aim for a dark, quiet, cool (18-21 °C), and comfortable room.
- > During night hours, avoid, dim, or use warm rather than bright lighting.
- > Avoid excessive device use before bed.
- > Use a to-do list to assist with organisation, winding down, and reducing overthinking when trying to sleep.



### Nutrition & hydration

- > To avoid the physical/cognitive decline associated with dehydration, increase fluid intake across the day by:
  - ✓ Starting the day with a large glass of water.
  - ✓ Focusing most of your daily fluid intake around meals and snacks.
  - ✓ Having a full drink bottle readily available.
  - ✓ Adding electrolytes to your water is an option to aid retention, especially at night.
  - ✓ Including a small range of flavoured drinks to increase palatability.
- > While away, consider if your energy needs are lower, higher, or the same as at home. If lower, allocate more of your plate to vegetables and fruit. If higher, allocate more of your plate to carbohydrate-rich fueling foods like grains, breads, and cereals.
- > Consider allocating more of your daily energy budget to earlier in the day to keep energy levels high.
- > Where appropriate, incorporate vegetables and fruit into meals/snacks to provide fibre for regular bowel movements. If changes in bowel habits become an issue, reach out for medical or nutrition support early.
- > Make time for you, schedule regular food breaks and be prepared with between-meal snacks to prevent your fuel tank from running low.
- > Be strategic with your caffeine intake; enjoy coffee, tea, and cola drinks in the earlier part of the day.



### Wellbeing

- > Focus on factors within your control while acknowledging those beyond your control and influence.
- > To help to reduce stress and disappointment, set realistic expectations by accepting that not everything will go according to plan.
- > Schedule downtime in the lead-up to events to provide valuable physical and mental recovery.

- > Adequate planning and preparation can help to reduce anxiety and uncertainty. Be organised by preparing and packing early to avoid the last-minute rush.
- > Consult your doctor to ensure you have any required medications.
- > Social support can provide comfort and reassurance. Maintain communication with friends and family at home, as well as those on the ground.
- > Connect with those important to you prior to departure to discuss how you will communicate from afar.
- > Identify who you can go to for support when needed.
- > Identify your self-care needs [e.g., physical, mental, or emotional] and find ways to recharge each day.
- > Consider your use of social media and potential impact on wellbeing.
- > Maintain a physical activity routine that suits the expected weather conditions, logistics, and scheduling.



## Heat preparation & management

- > Consider using heat acclimation to prepare for hot conditions.
- > Heat acclimation involves exposure to an artificial environment (e.g., heat chamber, sauna, hot bath) to increase body temperature and sweating. Repeated heat exposures maximise adaptations, improving performance, health, and comfort in the heat.
- > Heat exposures can be passive or active and where possible should occur across a minimum of 4-7 consecutive days.
- > **Passive exposure**
  - Where possible, complete immediately after exercise when body temperature is already elevated.
  - Options may include sauna use (~70-80 °C) or immersion in hot water (e.g., spa, ~39-42 °C).
  - As a guide and depending on individual tolerance, aim for sauna exposures of 10-20 minutes, and water immersion of 20-40 minutes.
  - Note: Passive heating can reduce blood pressure and may cause dizziness upon standing.
- > **Active exposure**
  - Involves exercising in hot conditions.
  - Can be completed immediately after exercise or as a standalone session. As a guide, aim for standalone sessions to be ≥60 minutes in duration.
  - Achieving and maintaining a sub-maximal target heart rate when exercising in the heat is a practical acclimation approach.
  - If access to a hot environment is not possible and you exercise regularly, wearing additional clothing to minimise heat loss during a familiar activity may be a beneficial strategy to increase thermal strain.
- > During heat exposures drink to thirst, and in the hour following rehydrate with 150% body mass lost. Incorporate an electrolyte supplement as required, to increase fluid absorption.
- > Be prepared for the hottest scenario at the event by having a heat management plan, including practical cooling strategies and adequate hydration.
- > Cooling strategies such as cold water immersion, cold showers, cold/ice drinks, cold towels, and seeking shade can all improve comfort in hot conditions.

Seek adequate advice and support - consult appropriate practitioners to ensure individual wellbeing and safety prior to implementing any form of heat exposures.



## Travel

- > Wear Class II medical grade compression socks to promote blood flow, minimise swelling, and reduce the risk of developing deep vein thrombosis during long-haul travel.
- > To maximise comfort, pack a travel toolkit in your carry-on luggage (e.g., eye mask, neck pillow, ear plugs/noise cancelling headphones, nose spray, eye drops, N95 face mask, hand sanitiser, antibacterial wipes, medical grade compression socks, personal nutritional requirements).
- > Prioritise sleep. Binge on rest and sleep, not on movies!
- > Maintain hydration by frequently sipping non-alcoholic fluids.
- > When practical, regularly move and stretch, consider packing self-massage equipment for stopovers.
- > A jet lag adaptation plan is typically implemented on arrival and uses appropriately timed periods of light exposure and light avoidance to align the body clock with the destination time zone. To reduce the time spent jet lagged use a jet lag adaptation plan for you and your team.