

REST HUB

The REST Hub is available to provide the High Performance Sport Network with a range of resources and information across the areas of Recovery, Environment, Sleep, and Travel. This support is intended to provide resources, direct assistance and / or upskilling as required, and promote collaboration to optimise REST outcomes.

Engagement activities may include:

- > Delivery of sport or situation specific education, information and resources
- > Collaboration with appropriate NSO / NIN high performance staff, coaches and athletes
- > Lead or support testing and monitoring, where required
- > Provision of REST related equipment
- > Targeted assessment of strategies, tools and devices to provide evidence-based practical guidelines

What can the REST Hub assist with?



RECOVERY

Assistance with the strategic implementation of recovery strategies to accelerate recovery

Education, information and advice regarding a range of recovery strategies e.g.

- > Warm-down
- > Hydrotherapy
- > Cooling strategies
- > Compression
- > Vibration therapy

Optimisation of recovery, adaptation and performance outcomes via

- > Strategic programming
- > Periodization of recovery
- > Programming of specific recovery protocols for individual needs
- > Assistance with the management of acute and chronic injury / illness



ENVIRONMENT

Support to optimise preparation for and management of a range of challenging environmental conditions

Thermoregulation profiling

- > Determine individual responses
- > Inform if / when to use cooling or warming strategies, and which strategies may be most beneficial

Heat acclimation and acclimatisation

- > Timing, frequency
- > Mode (e.g. active vs passive)
- > Strategies for implementing heat training with limited facilities
- > Considerations to ensure optimal adaptation

Warming and / or cooling strategies

- > Water immersion
- > Cooling / heating garments
- > Clothing / uniform considerations
- > Fans
- > Water misting
- > Fluid / ice ingestion



SLEEP

Assistance across a range of areas of sleep

Sleep education and information

- > Purpose of sleep
- > Sleep requirements for different athletes
- > Defining 'normal' sleep
- > Understanding impacts of disturbed sleep and sleep deprivation
- > Factors influencing sleep
- > Physiological and psychological responses

Flexible delivery of sleep education and assessment

- > Group education sessions
- > Individual consultation and sleep hygiene assessment
- > Subjective and objective sleep monitoring



TRAVEL

Enhance preparation for travel and recovery on arrival to optimise performance outcomes

Education

- > Physiological and psychological impacts of travel
- > Jet lag vs. travel fatigue
- > Strategies to mitigate travel fatigue

Strategies to enhance recovery from travel and optimise performance

- > Jet-lag / body clock adaptation schedules
- > Programs and protocols to minimise travel fatigue

Travel planning to reduce the impact of travel

- > Travel routes
- > Departure / arrival times
- > Layovers
- > Health and hygiene practices