



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Arriving Ready to Compete

Tuesday 31st January 2023

Liz Johnson

Canadian Sport Institute Pacific



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



Territorial Acknowledgement

- We gratefully and respectfully acknowledge that our workplace exists on the traditional, ancestral, and unceded territories of the xwməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), Líl'wat7úl (Lil'wat), Esquimalt and Songhees Nations of the Coast Salish peoples.
- I am speaking to you today from Sidney BC which is located within the traditional territory of the W̱SÁNEĆ People



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



CSI Pacific and Team BC Webinars

- CSI Pacific and Team BC have partnered to provide support to Canada Games athletes and coaches
- Offer services and benefits to registered CG athletes and coaches
- Provide webinars to support you in your preparation for the games
- Through registration you can access our library of resources to support your education as an athlete and coach
- Tonight is our last of three webinars



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Housekeeping

- We have a fully subscribed event
- Please make sure your microphone is muted
- You can keep you camera on if you choose

- We will have a Q and A session at the end of the presentations
- Please add your questions to the chat box



PROUD MEMBER OF THE / FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Liz Johnson

Liz is an applied sport physiologist and a member of the Canadian Sport Institute Team

She has worked with Swimming Canada, Wheelchair Rugby and Rowing Canada as part of the IST at many events including multiple Commonwealth, Pan Am, Paralympics Olympic Games and World Championships

Particular areas of interest include: swim physiology, training prescription and monitoring, environmental physiology (particularly heat and altitude), RED-S, travel strategies, sleep, and recovery.





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Travel Strategies

Plan to arrive ready to perform

Liz Johnson, MSc.



PEI • ÎPÉ
2023
JEUX DU
CANADA
GAMES



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT



New  Nouveau
Brunswick



XV CANADA GAMES
JEUX du CANADA
GRANDE PRAIRIE '95



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

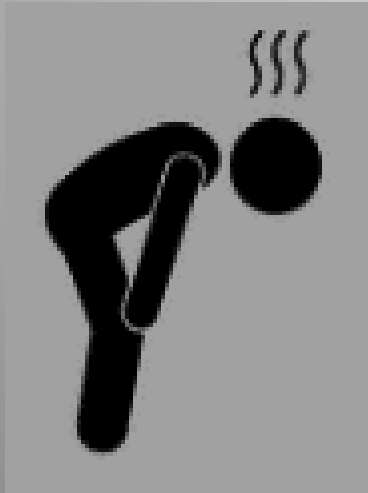


SWIMMING
CANADA
NATATION

TRI^{MAPLE}ATHLON
CANADA

PURPOSE

- Share practical strategies before during and after travel to minimize jet lag, travel fatigue and illness and allow you to perform at your best during the 2023 Canada Winter Games



VS





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Travel to PEI

- Overnight flight
- Approx. 5 hours
- 4 Time zones
- Advance clock



- No screening
- Charter
- Direct



WHAT IS JET LAG?

- Negative physiological feelings and symptoms associated with traveling across time zones
- Symptoms can include:
 - Discomfort of the digestive system
 - Daytime sleepiness or fatigue
 - Poor motivation and concentration
 - Impaired physical / mental performance





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

TRAVEL STRATEGIES



1 Trip planning
before you
depart

.....



.....



3 Adjusting after
arrival

2 Travel day
strategies

1 PRE TRIP



- Start rested   7-9hr
- Start hydrated  
- Reduce volume and intensity 
- Be healthy
- Plan ahead  



Date	Wake	Seek Light	Meals B/L/D	Nap ~90 in	Bedtime
T-3	7 am (or usual time)	Wake to 10am	Earlier by 1 hr if possible	Long nap to bank sleep between 2-4pm	11pm
T-2	6 am (one hour earlier)	Wake to 10am	Earlier by 1 hr if possible	1-3pm	10pm
T-1	5 am	Wake to 9am	Earlier by 1 hr if possible	12-1pm	9pm
Departure day	5am	Wake to 9am	Earlier by 1 hr if possible	12-1pm	Sleep as much as possible after boarding

*Adapted from Dr. Amy Bender travel strategies.

1° START RESTED



Shift in
advance

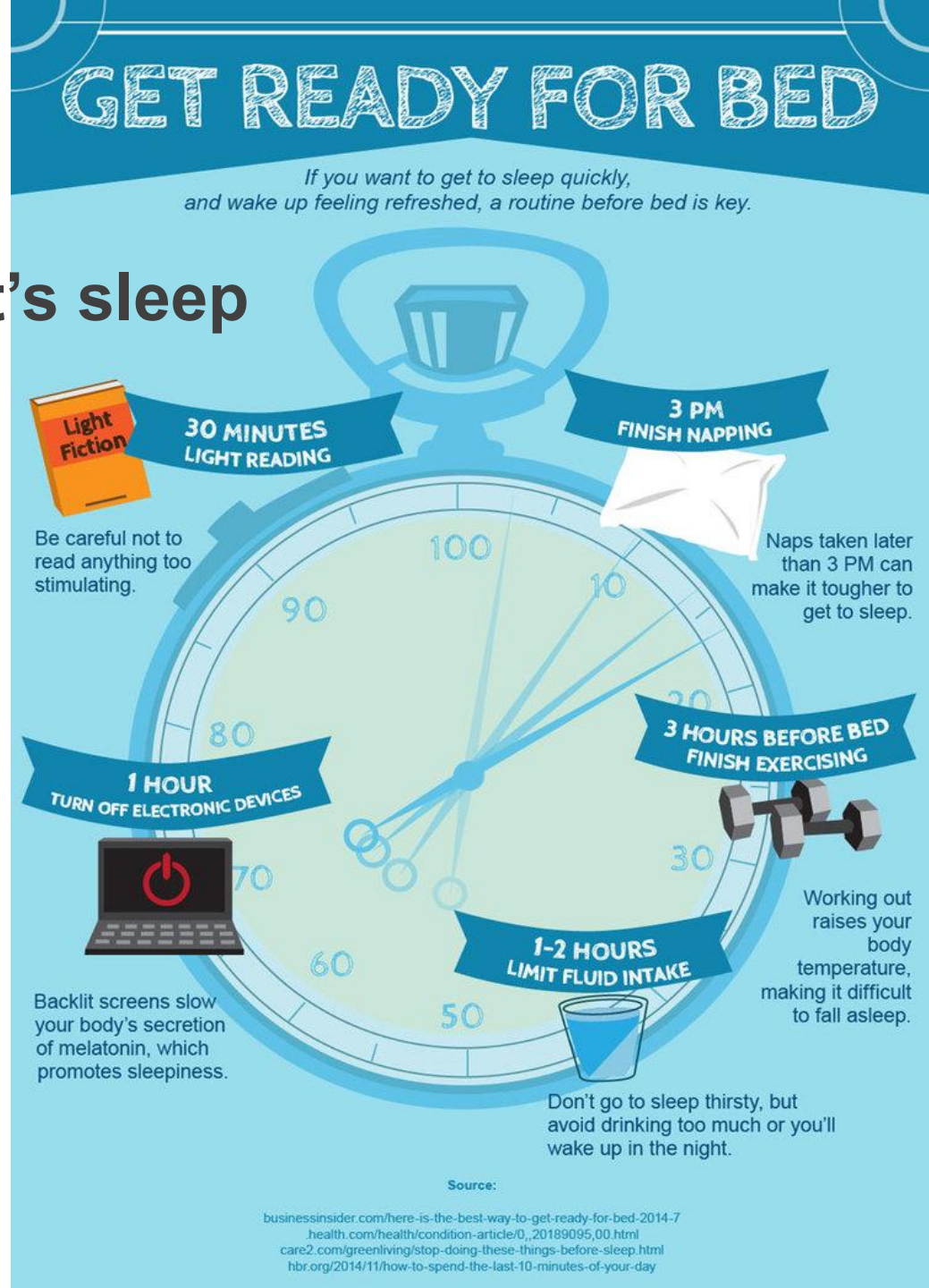
Wait until
departure



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Getting a good night's sleep

- Consistency
- Routine
- Environment



1 PRE TRIP



- Start rested



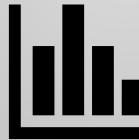
7-9hr



- Start hydrated



- Reduce volume and intensity



- Be healthy

- Plan ahead





2 Travel day

BE PREPARED

The image shows a person's silhouette in the foreground, looking at a large digital display. The display is divided into three main sections, each showing flight departure information for a different airline: Delta, American Airlines, and United. Each section has a header with the airline's logo and the word 'DEPARTURES'. Below the header, there are columns for 'CITY', 'FLIGHT', 'TIME', 'GATE', and 'STATUS'. The data is organized into rows for each airline, with Delta on the left, American Airlines in the middle, and United on the right. The background is dark, and the display is brightly lit, showing various flight numbers and times.





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Flite Kit

- CSI Pacific provides
 - Sleep mask
 - Chapstick
 - Ear plugs
 - Wet wipes
 - tissues
- Other items to add
 - Surgical masks
 - Hand sanitizer
 - Gum
 - Saline nasal spray
 - Toothbrush/paste





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

— Balanced snack ideas



Crackers, cheese,
sliced turkey,
vegetables



Yogurt or
milk with whole
grain cereal and
fruit



Trail mix made
with nuts, seeds,
dried fruit and/or
chocolate



Protein bar (i.e.
Rx bar) with a
piece of fruit



Apple slices dipped
in Greek yogurt,
peanut butter, and
cinnamon



Flavoured tuna
pack with crackers
and vegetables



Cottage cheese
topped with fruit
and/or nuts



Whole grain cereal
with cow's milk or
soy milk

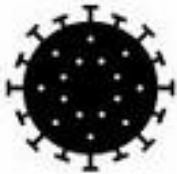


PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Other key items

- Hoodie and toque
- Pillow
- Prescription meds (1/2)
- Small first aid kit
 - Ibuprofen
 - Pepto Bismol
 - Gravol
- Water bottles
- Massage ball (lacrosse or peanut)
- Anything that you need upon arrival

Keep in mind that it needs to fit in the overhead bin!!!



General travel safety



Consider double masking for the flight - surgical + 3 layer cloth. Change when moist (every 2-4 hours)



Avoid touching your face, eyes or mask – if you have a habit of doing this consider wearing glasses and sanitize frequently and always prior to eating



Wipe down your seat, table, video monitor and frequently touched surfaces

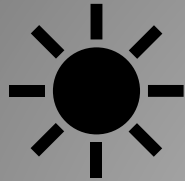


Open the overhead vent to create airflow directed towards your feet – push any particles down into ventilation intake



Try to avoid moving around the cabin more than necessary (toilet only) – do seated exercises if you need to move your legs

2 Travel day



- Wake early seek light

- Light exercise AM



- Ensure bags are packed

- Avoid caffeine after noon

- Plan to eat at home


- Fill your water bottles

- Sip on fluids to stay hydrated

- Stretch /relax / self massage

- Bedtime routine while waiting

2 Travel day ✈️ YVR → YYG

- 12am – board flight reset watch (4am) 
- Wipe down your seat area
- Get comfortable
 - Pillow, clothes, eye mask, earplugs
- Sleep as much as possible or relax
- Use mindfulness or breathing
- Sip on fluids when awake 1 cup/hr
- Move around the cabin or do stretches
- Eat breakfast before landing





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Breathe in slowly —
fill your lungs

Relax —
don't breathe in

4
Seconds

Hold your breath

Empty your lungs

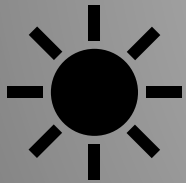
2 Arrival in YYG



9am – land travel to accomodations



Continue sipping on fluids to stay hydrated (am coffee is ok)



Seek light in the morning



Get light exercise / stretch / self massage



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Are naps OK?





PROUD MEMBER OF THE / FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

NAPS? YES (with some rules)!

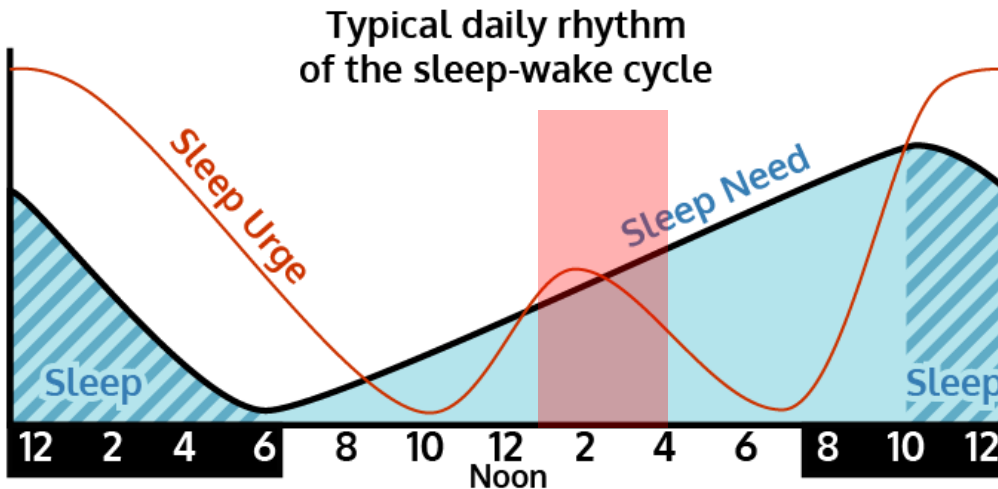
- A 30-minute nap can:
 - Reduce sleepiness
 - Improve alertness
 - Increase concentration
 - Enhance motor performance
 - Boost mood





GUIDELINES FOR NAPPING

1. Best between 1-4 PM
2. Limit the nap to 30 minutes
3. 90 minutes for recovering sleep loss
4. Wake at least 90 min prior to event





PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Tips for a good first night sleep



Limit caffeine after 12pm



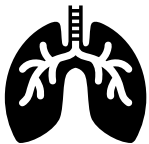
Avoid light in the afternoon



Aim for your usual bedtime



Have a snack in case you are hungry



Try breathing and relaxation exercises

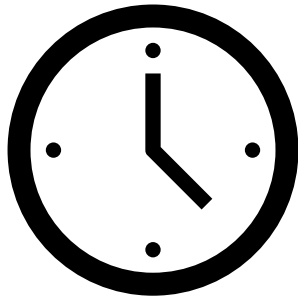


Consider keeping notifications turned off

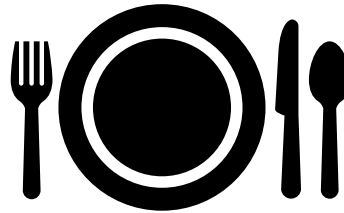


PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Nutrition strategies for jet - lag



**Align mealtime with
new local time**



**Eat smaller meals
More often**



**Choose high GI and
tryptophan rich foods
for sleep**



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Village life tips

- Have fun and stay focused
- Stay healthy
- Hand washing – before you go to dining hall, before you eat your meals....
- Be on time (5 minutes early) for your bus 😊
- Eye mask and ear plugs are handy tools for rooming with other people



PROUD MEMBER OF THE | FIER MEMBRE DU
SPORT INSTITUTE NETWORK
RÉSEAU DES INSTITUTS DU SPORT

Key takeaways

- Be prepared
- Start the trip rested
- Live on Atlantic time starting when you board the flight (sleep if night/ wake if day and eat meals)
- Relaxation ~ Sleep
- Stay healthy

Good Luck!!!!