



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



Arriving Ready to Compete

Thursday 29th May 2025
Liz Johnson & Stephen Gurr
Canadian Sport Institute Pacific



Territorial Acknowledgement

- We gratefully and respectfully acknowledge that our workplace exists on the traditional, ancestral, and unceded territories of the xwməθkwəy̓əm (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



Housekeeping

- We have a fully subscribed event
- Please make sure your microphone is muted
- You can keep your 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



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 Canada Games 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.
- <https://www.csipacific.ca/benefits-resources/videos-podcasts/>



Tonight's Webinar

- Tonight, our presenters will talk about some strategies you can use to make sure you are ready to go when you arrive at the Games
- Time for questions from you at the end
- Our hope is that you will pick up some useful tips to help you at the Games



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



Introducing our panel

- Liz Johnson
- Stephen Gurr



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

Liz Johnson

Liz has been with CSI Pacific since 2006 and over the years Liz has worked as a physiologist with Swimming Canada, Wheelchair Rugby and Rowing Canada and been part of IST's in preparation and during numerous events including multiple World Championships, Commonwealth Games, Pan Am Games, Paralympics and Olympics Games.

She is currently the lead physiologist with the National Paratriathlon program. Liz has been a mentor for 3 cohorts of the Women in Sport Science program and currently is a member of their organizing committee. She is also a reviewer for the Sport Scientist Canada High Performance Certification program.





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

Stephen Gurr

Stephne is originally from Melbourne and previously worked as a dietician at AIS working with Basketball, Tennis and the Mens Rugby 7's.

After a spell in Doha at the Aspire Academy where he worked across several individual and team sports, Stephen worked as a dietician in St Johs working with recreational and elite athletes across a range of sports.

Stephen is a Registered Dietician with the College of Dieticians of BC and has a Masters in Public Health from the London School of Hygiene and Tropical Medicine.

Also likes Coffee!





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



ST. JOHN'S
2025
JEUX DU
CANADA
GAMES

Travel Strategies

Plan to arrive ready to perform

Liz Johnson, MSc.

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 2025 Canada Summer Games



VS





Travel to St. John's

- Overnight flight
- Approx. 8 hours
- 4.5 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





TRAVEL STRATEGIES



1 Trip planning
before you
depart





2 Travel day
strategies



3 Adjusting after
arrival

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

GET READY FOR BED

*If you want to get to sleep quickly,
and wake up feeling refreshed, a routine before bed is key.*



Source:

businessinsider.com/here-is-the-best-way-to-get-ready-for-bed-2014-7
health.com/health/condition-article/0,,20189095,00.html
care2.com/greenliving/stop-doing-these-things-before-sleep.html
hbr.org/2014/11/how-to-spend-the-last-10-minutes-of-your-day

1 PRE TRIP



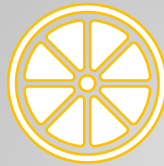
- Start rested



7-9hr



- Start hydrated



- Reduce volume and intensity



- Be healthy

- Plan ahead





Flite Kit

- Sleep mask
- Chapstick
- Ear plugs
- Lysol wipes
- tissues
- Surgical masks
- Hand sanitizer
- Gum
- Saline nasal spray
- Toothbrush/paste



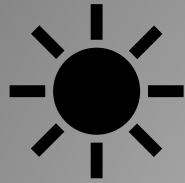


Other key items

- Hoodie and toque
- Pillow
- Prescription meds (1/2)
- Water bottles
- Massage ball
- Anything that you need upon arrival



2 Travel day



- Wake early seek light

- Light exercise AM



- Ensure bags are packed

- Avoid caffeine after noon

- Plan to dinner before you arrive at the airport

- Fill your water bottles

- Sip on fluids to stay hydrated

- Stretch /relax / self massage

2 Travel day ✈️ YVR → YYT

- ~6 pm – board flight reset watch (10:30pm)
- 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



Cognitive Shuffle

Steps



Pick a word



Starting with the first letter of the word, think of every other word you can that begins with the same letter



Repeat with the next letter

Example - GAMES

G – Ghost, gala, gate...

A – Apple, art, airplane...

M – Mine, milk, money...

E – egg, elephant, ear...

S - sun, sheep, soup...

2 Arrival in YYT



7am – land - travel to accommodations



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

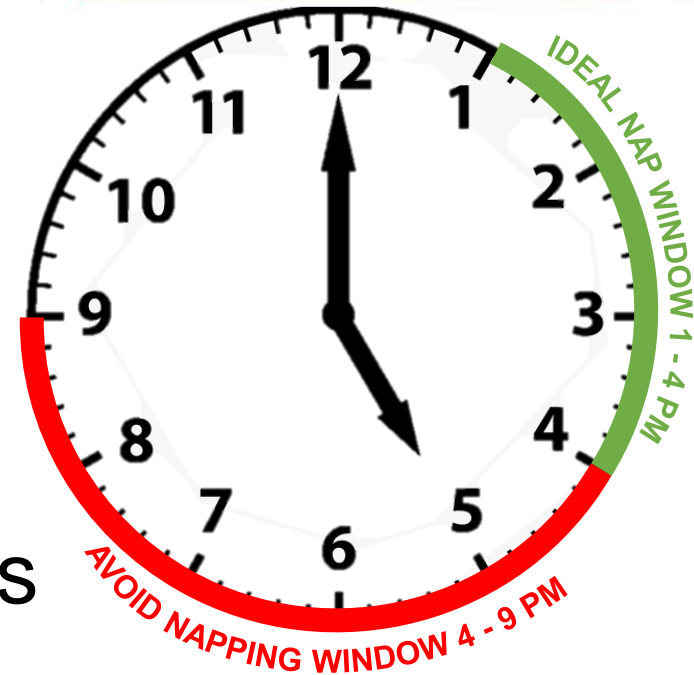
Are naps OK?





GUIDELINES FOR NAPPING

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





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



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!**





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



Arriving Ready to Compete in St Johns



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

My goal for this presentation..

Provide you with tips and strategies to maximize the chance that you will perform at your very best in St John's





Sports nutrition goals

Be well hydrated and fueled for your competition

Reduce risk of opportunistic illness

Speed up recovery between events

Reduce chances of GI upset





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

**CANADIAN
SPORT
INSTITUTE**  **INSTITUT
CANADIEN
DU SPORT**
PACIFIC / PACIFIQUE

The flight over





The flight over + arrival

- Don't rely solely on the airline to keep you well fed and hydrated
 - Pack some snack items e.g. sandwich/wraps, favorite granola bars
 - Take a water bottle to fill on the plane
- Be proactive in washing/sanitizing hands
- On arrival, adopt meal times to the local





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

CANADIAN
SPORT
INSTITUTE  INSTITUT
CANADIEN
DU SPORT
PACIFIC / PACIFIQUE



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

CANADIAN
SPORT
INSTITUTE  INSTITUT
CANADIEN
DU SPORT
PACIFIC / PACIFIQUE

Why we keep telling you to be proactive with washing your hands...

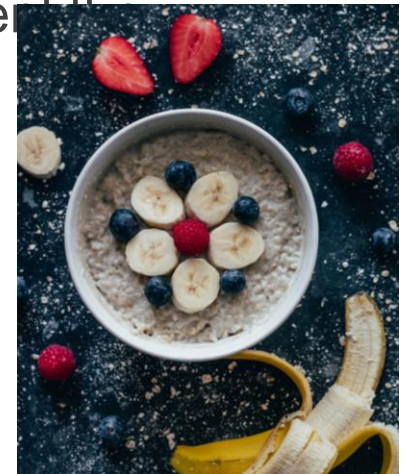
80%
Of infections are
spread
by your hands





Be well hydrated and fueled for your competition

- Develop and practice your fueling and hydration plan well before you travel
- Pack foods/sports nutrition product that you typically use before/during and after training e.g. favorite cereal, sports bars, electrolyte supplements
- Study the Canada Games menu
 - Will it provide the familiar foods you need to implement your plan?
 - Develop a strategy to fill the gaps





Study the menu before you go!

Canada Games 2025 Menu - Breakfast							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Grill							
Mexicali Breakfast Sandwich	Ham & Egg Breakfast Sandwich	Sweet Potato Breakfast Wrap	Pesto Egg White Breakfast Sandwich	Turkey & Egg Breakfast Sandwich	Kale Feta Breakfast Wrap	Bacon & Egg Bagel	
Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg	Scrambled Egg	
Hard Cooked Egg	Hard Cooked Egg	Hard Cooked Egg	Hard Cooked Egg	Hard Cooked Egg	Hard Cooked Egg	Hard Cooked Egg	
Waffles	Chocolate Chip Pancakes	French Toast	Pancakes	Waffles	French Toast	Blueberry Pancakes	
Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	Maple Syrup	
Hashbrowns	Country Style Potatoes	Home Fried Potatoes	Roasted Sweet Potatoes	Pom Pom Potatoes	Potato Wedges	Home Fried Potatoes	
Tex Mex Black Beans	Chickpea Kidney Beans	Baked Beans	Lemon Turmeric Pinto Beans	Chili Lime Edamame	Moroccan Lentils	Za'atar Chickpeas	
Basmati Rice	White Rice	Jasmine Rice	Basmati Rice	White Rice	Wild Rice	Brown Rice	
Turkey Breakfast Sausage	Bacon	Peameal Bacon	Breakfast Sausage	Bacon	Turkey Bacon	Peameal Bacon	
Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
Vegetarian							
Gochujang Tofu Scramble	Chickpea Scramble	Gochujang Scramble					
Home Fries	Home Fries	Home Fries					

Stick with foods that are familiar to you!!



Speed up recovery between events

- Develop and practice and recovery plan well before you travel
- Pack foods/sports nutrition product that you typically use after training and competition e.g. Recovery/protein powder, electrolyte supplements.
- Know what products will be provided at competition venues/ dining hall and have a plan to fill in the gaps
- Study the menu to ID appropriate meals/snacks you can to promote recovery (best carb/protein options in the dining hall on key training and competition days)





Reduce incidence of GI upset/opportunistic infection

- Travel with a face mask
- Wash your hands or sanitize before each and every meal/snack
- Stick to foods that are **familiar to you** and consume them in **similar amounts** to what you are used to
- Avoid foods that are high in fat/fibre/spice, especially in the 1-2 days before your event
- Eat hot foods hot, and cold foods cold
- Be proactive with your fluid/electrolytes
 - Drink water and/or juice at every meal
 - Sip on water (+/-) electrolytes in between





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

Some rapid fire buffet rules



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

Buffet rule 2: Don't eat something “just because it's there”!



Go in with a plan and stick to it!!



Buffet rule 2: Don't eat something “just because it's there”!



Go in with a plan and stick to it!!



Buffet rule 3: Do the rounds



**Identify all possible (+ suitable) options
before loading up your plate**



Take home messages

- You are going to St John's to compete and perform, not for an all-inclusive holiday
- Don't go changing: Implement your training and competition nutrition plans as close to as normal as possible
 - Study the menu, especially for the days close to your competition
 - Enjoy the same (or similar) foods/fluids, in similar amounts, that you would here
 - Take important sports foods/supplements with you Vs shopping for them in St Johns
- Be safe
 - Wash and sanitize your hands before each and every meal
 - Don't hang around sick people



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



- Thanks for taking the time to join us this evening
- Many thanks to our panel!
- Next Games Prep Webinar
- Thursday 26th June 7pm
- Guide to The Games with the Team BC MPC's