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Arrive Ready to Compete

Liz Johnson, MSc. Physiology Lead CSI Pacific

Stephen Gurr, Sports Dietitian, CSI Pacific

PURPOSE



- Share practical strategies to minimize jet lag, travel fatigue and illness to allow you to perform at your best during the 2027 Canada Winter Games



VS



Travel to Quebec City

- Morning flight
- Approx. 6 hours
- 2 Time zones ahead
- Advance clock = wake up earlier



+

- Charter
- No screening
- Team only

Jet lag and Travel fatigue

- 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



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TRAVEL STRATEGIES

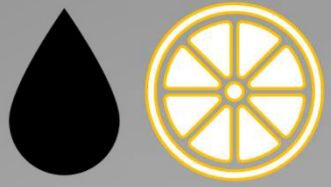


1 Trip planning before you depart

2 Travel day strategies

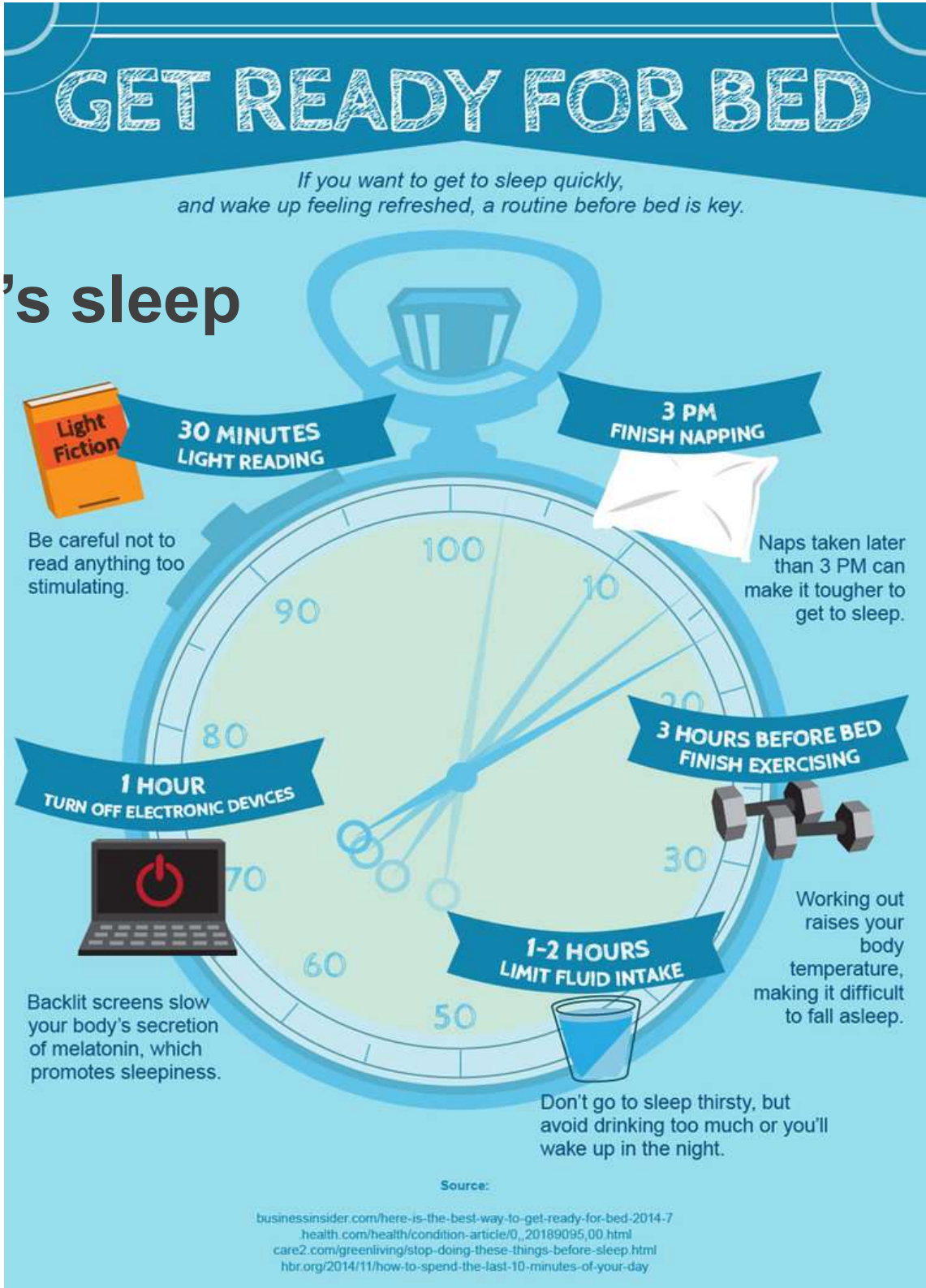
3 Adjusting after arrival

1 PRE TRIP 

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

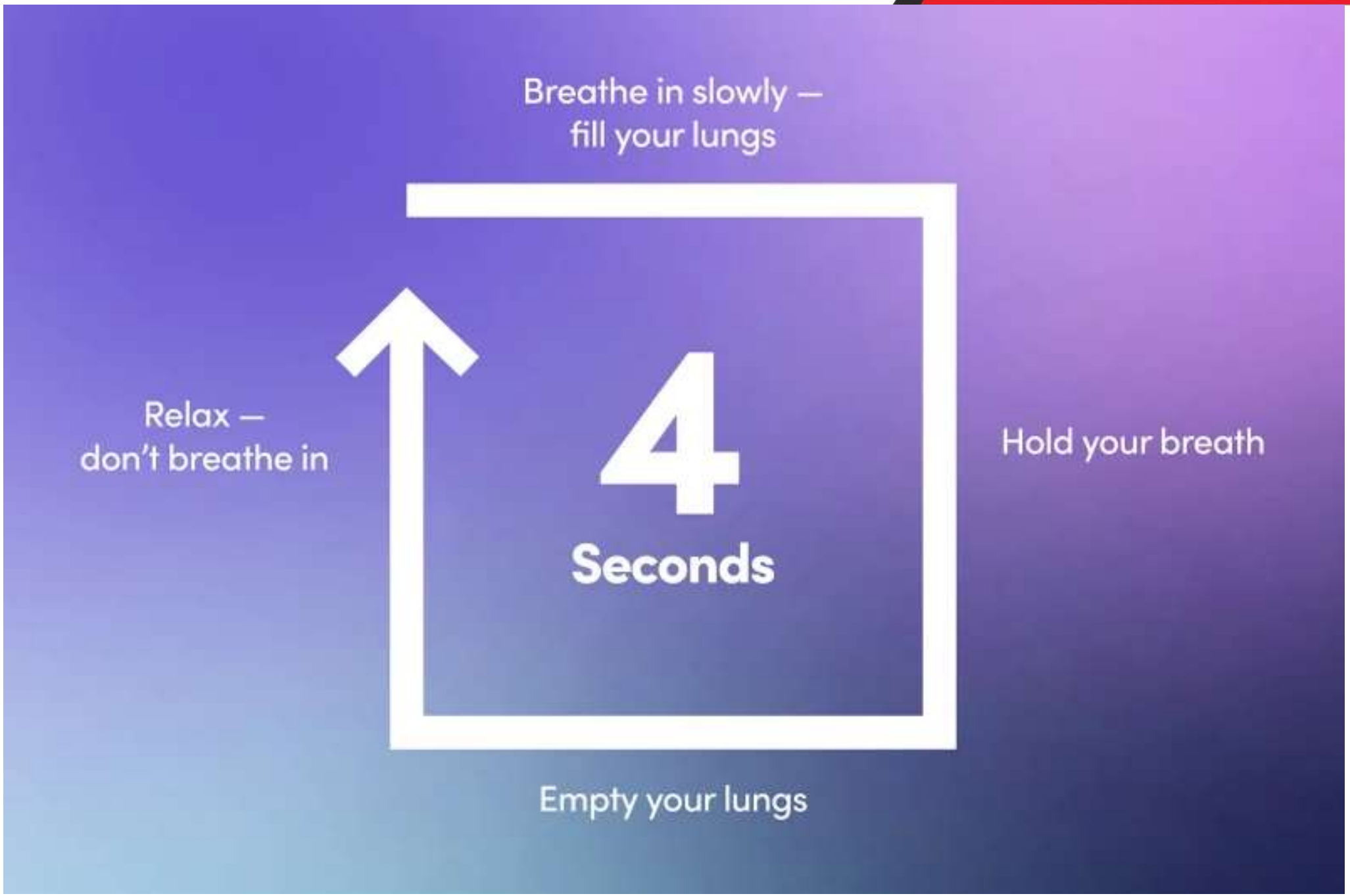
Getting a good night's sleep

- Consistency
- Routine
- Environment
  - Cold, dark quiet
- Practice
  - Eye mask
  - Earplugs



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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…

1 PRE TRIP

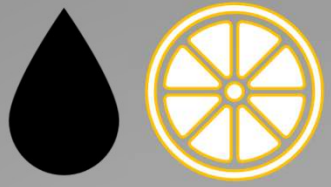


- **Start rested**





- Start hydrated



- Reduce volume and intensity



- Be healthy
- Plan ahead



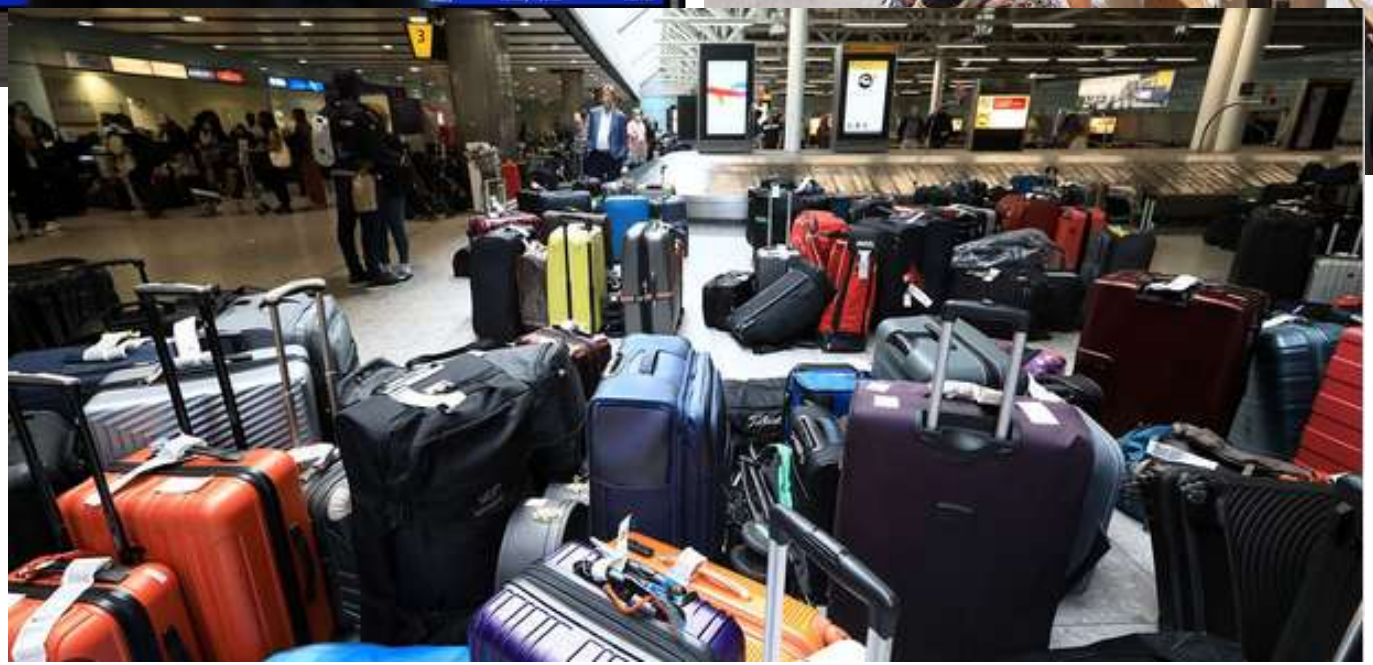
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2 Travel day ✈ BE PREPARED







Flite Kit

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



Carry on snack ideas

- Dry oatmeal packs/cups
- Instant noodle/soup packets
- Jerky (beef, turkey, beyond-meat)
- Dried fruit or fresh fruit
- Crackers, pretzels, popcorn
- Trail mix (dried fruit, cereal, nuts/seeds)
- Granola, protein and/or energy bars

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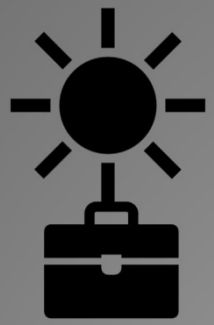
Other key items

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



2 Travel day



- Wake early seek light
- Ensure bags are packed
- Avoid caffeine after noon
- Fill your water bottles after security
- Sip on fluids to stay hydrated
- Stretch /relax / self massage

2 Travel day ✈ YVR → YQB

7:55 → 15:55

- Set your watch to Eastern time (2hrs ahead)
- Wipe down your seat area
- Get comfortable
- Stay awake for the flight
- Sip on fluids when awake 1 cup/hr
- Move around the cabin or stretch



3 Upon Arrival

Reducing Travel Fatigue - Arrival Strategies



SLEEP ON YOUR REGULAR SCHEDULE (BASED ON LOCAL TIME)



IF NEEDED, TAKE 20-30 MIN NAPS BEFORE 2:30PM AND LIMIT TO ≤45min



TAKE A HOT SHOWER/ BATH 1 HR BEFORE BEDTIME & KEEP ROOM COOL, DARK & QUIET



CHECK URINE AND ADJUST HYDRATION AS NEEDED



KEEP MEALS SMALL AND FREQUENT IF STOMACH IS UPSET

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

OPTIMIZE ILLNESS PREVENTION

PROTECT YOURSELF and YOUR TEAMMATES BY ...



PRIORITIZING YOUR REST, RECOVERY AND SLEEP



FOCUSING ON FUELING WELL



MASKING UP AND TELL STAFF IF YOU ARE FEELING UNWELL



MAINTAINING YOUR HYDRATION



TAKING YOUR VITAMIN D



EATING CULTURED OR FERMENTED FOODS YOGURT, KEFIR, KIMCHI, KOMBUTCHA



EATING COLORFUL FOODS

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AND

YOU KNEW IT WAS COMING .....

WASHING YOUR HANDS

- regularly throughout the day as part of routine cleanliness
- before eating
- after using the washroom
- before and after using communal training equipment
- after sneezing, coughing or touching your face if you are not feeling well.



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

80%

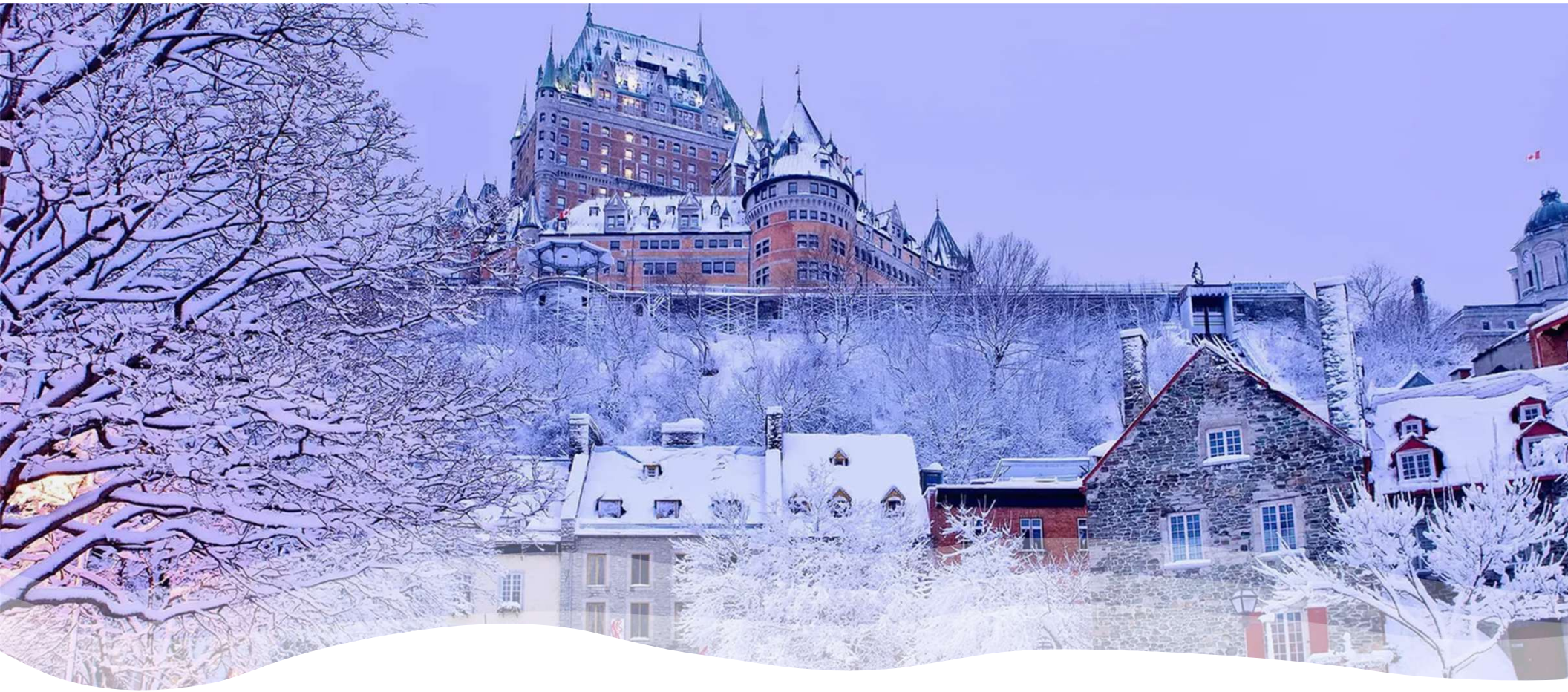
Of infections are spread by your hands



Games Life Tips…

- Get into the spirit of the games but remember why you are there
- Enjoy the village
- Be respectful of others
- Keep things normal in an unusual environment

Photo Credit: Kevin Bogetti-Smith



QUEBEC WEATHER

High – 7 c
Low – 17c
Windchill – 20 to -30c
Ice??
Bright conditions

- Consider adjusting warm up
- Increase intensity
- Minimize time between WU and race
- Put on additional clothing until event
- Heated garments – exercising muscles
- Consider asthma – cold air trigger

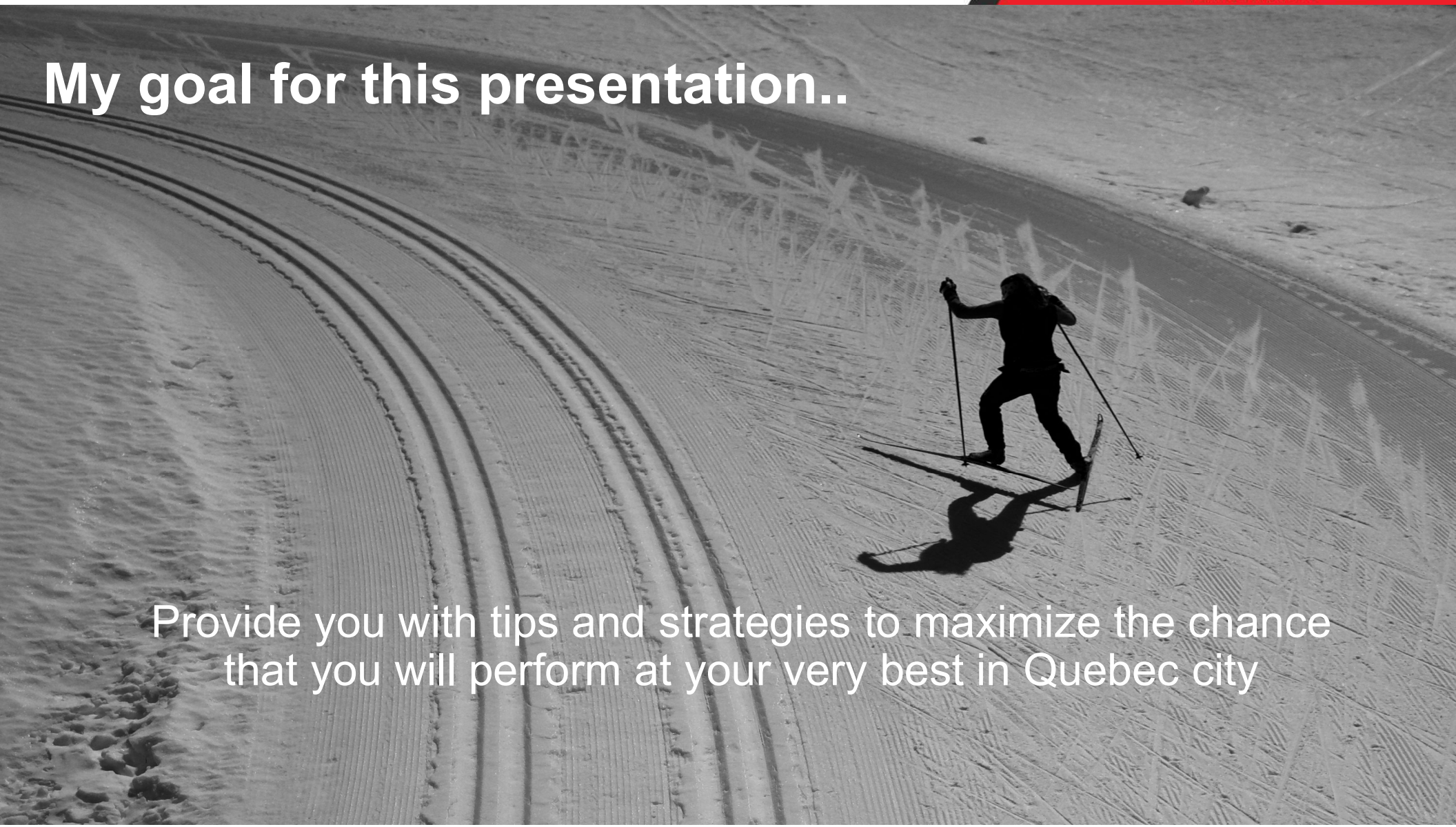
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Nutrition to support performance in Quebec



My goal for this presentation..



Provide you with tips and strategies to maximize the chance that you will perform at your very best in Quebec city

Sports nutrition goals



Speed up recovery between events

Reduce risk of opportunistic illness

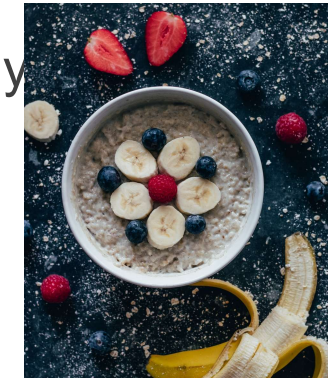
Be well hydrated and fueled for your competition

Reduce chances of GI upset

Nutrition to support performance and recovery

- Know what your nutrition requirements are to optimize performance and recovery*
- Develop and practice your fueling and recovery plans well before you travel – don't be trying anything new in Quebec!!
- Research what will be provided for you;
  - at the games village
  - at the competition venues
  - By team management
- Fill in the gaps i.e. Pack foods/sports nutrition product that you typically use before/during and after training e.g. favorite cereal, sports bars/powder/gels

If you or your teammates do not have a fueling and recovery plan for your training, come and see us at CSI!!



Study the menu before you go!

PRELIMINARY MENUS – CANADA GAMES 2027

Coffee, decaf, tea, herbal tea, hot chocolate, juice, assorted milk, whole fruits, toast station, cereals, pancakes and banana bread, yogurts

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
LUNCH – 11:00 am to 3:00 pm					
Toast station: variety of breads, gluten-free breads, bagels, English muffins, butter, peanut butter, jams, cream cheese Whole fruits, fruit salad Yogurt, Greek yogurt Hard-boiled eggs					
Salad Bar: rotating lettuces, bell peppers, cucumbers, onions, tomatoes, pumpkin seeds, chickpeas, feta, croutons, vinaigrettes					
Vegetarian soup of the day					
Spaghetti	Farfalle	Rotini	Macaroni	Fusilli	Shells
Gluten-free pasta	*Gluten-free pasta*	*Gluten-free pasta*	*Gluten-free pasta*	*Gluten-free pasta*	*Gluten-free pasta*
Tomato sauce	Tomato sauce	Tomato sauce	Tomato sauce	Tomato sauce	Tomato sauce
Alfredo sauce	Alfredo sauce	Alfredo sauce	Alfredo sauce	Alfredo sauce	Alfredo sauce
Chicken cacciatore	Beef stew				
Zucchini 2 colors	Carrots with honey				
Rice	Mashed potatoe				
General Tao tofu	Stuffed peppers				
Daily assorted desserts					

Does it provide **FAMILIAR** carb and protein options that you need to perform and recover?

If not, think of ways* you can to fill in the gaps

Study the menu before you go!

PRELIMINARY MENUS – CANADA GAMES 2027

Coffee, decaf, tea, herbal tea, hot chocolate, juice, assorted milk, whole fruits, toast station, cereals, pancakes and banana bread, yogurts

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
BREAKFAST – 6:00 am to 10:00 am					
Cold cereals Toast station: variety of breads, gluten-free breads, bagels, English muffins, butter, peanut butter, jams, cream cheese Whole fruits, fruit salad Yogurt, Greek yogurt and granola Hard-boiled eggs					
Scrambled eggs	Vegetable frittata with potatoes and cheese	Cheese omelet	Scrambled eggs	Breakfast sandwich with sausage and egg	Ham omelet
Maple pancakes	Belgian waffle with syrup	French toast with berries	Golden pancakes	Maple pancakes	French toast with berries
Bacon	Poultry sausage	Maple ham	bacon	Maple ham	Country sausage
Breakfast potatoes	Breakfast potatoes	Breakfast potatoes	Breakfast potatoes	Breakfast potatoes	Breakfast potatoes
Beans & condiments	Vegetarian baked beans	Beans & condiments	Vegetarian baked beans	Beans & condiments	Vegetarian baked beans
Croissants & jam	Muffins	Croissants & jam	Muffins	Croissants & jam	Muffins
Cheddar cheese	Cottage cheese	Cheddar cheese	Cottage cheese	Cheddar cheese	Cottage cheese

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/spicy, especially in the 1-2 days before your event
- Eat hot foods hot, and cold foods cold
- Be proactive with your fluids
  - Drink water and/or juice at every meal
  - Use a liquid based carb/protein drink after hard training/competition
  - Sip on water in between

Some rapid-fire buffet rules



Buffet rule 1: Leave your competitive spirit for the field of play!

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

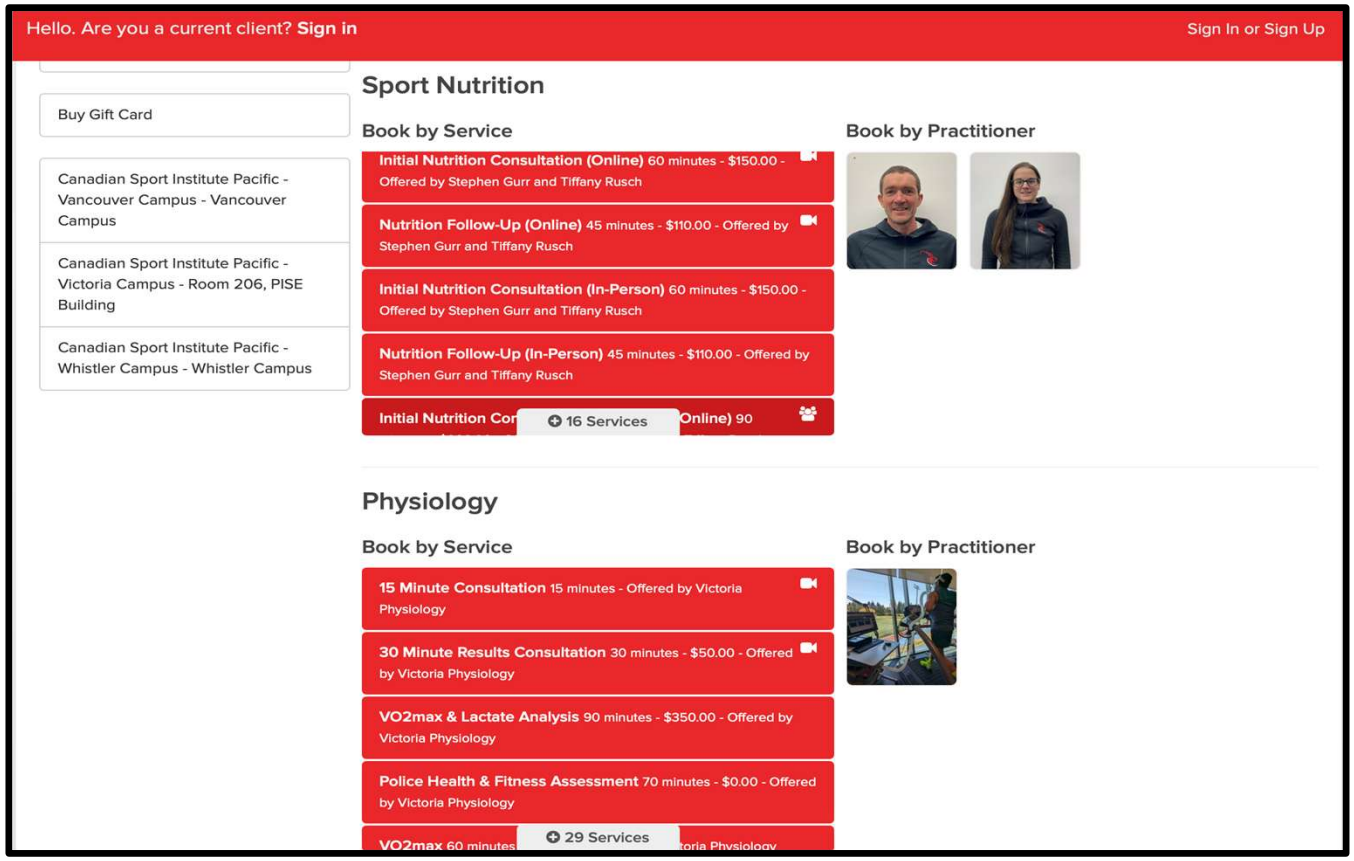


Identify all possible (+ suitable) options before loading up your plate

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How to book in with us



performancenation.janeapp.com

Take home messages

- You are going to Quebec City 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 Quebec City
- Be safe
  - Wash and sanitize your hands before each and every meal
  - Don’t hang around sick people!!


THANK
YOU