



**SURFING
AUSTRALIA**

TRAVEL HEALTH & IMMUNE FUNCTION

It goes without saying, but you don't want to get sick!

After heavy blocks of training, you will have suppressed immune function and if you're travelling and staying in hotels you have an increased risk of infection.

USE THE FOLLOWING SIMPLE STRATEGIES:



✓ SALINE NASAL SPRAY

Use 2-3 sprays in each nostril every 2 hours on the plane or any time nasal passages feel dry



✓ HAND SANITIZER

Use after the bathroom, before meals or snacks, when handling food or utensils or when otherwise indicated



✓ EAR PLUGS

Use to assist sleeping on the plane



✓ CHEWING GUM

Chew sugar free gum regularly to prevent mouth dryness



✓ LIP BALM

Use in dry & cold conditions to prevent chapping



✓ EYE DROPS

Use 1-2 drops in each eye every 2 hours on the plane or when eyes feel dry



✓ SLEEP MASK

Use when sleeping or napping to block light

MINIMIZE JET LAG & TRAVEL FATIGUE

BEFORE TRAVEL

- Be well rested
- Where possible, increase night time sleep by 30–60min in the week prior to travel
- Avoid intense training the day before, travelling fatigued will increase the symptoms of jet-lag and travel fatigue
- Pack in advance so you aren't late to bed the night before travel. Use a packing list
- Consider whether travel food meets your nutritional needs.
- Arrive several days before competition
- If possible, schedule flights that arrive in the late afternoon as this minimises the time before the first night's sleep.
- Book exit row seats or business class to provide more space unless you prefer the window to lean on.
- Speak to your team doctor prior to the use of any sleep medications.
- Consult your doctor to make sure you have all the medication you need and know the best time to take your medication in the new time zone

DURING TRAVEL

- Set your watch to your destinations time.
- Wear medical grade compression socks (Class II) to reduce swelling and promote blood flow.
- Walk around the plane and stretch every 1–2 hrs to promote blood flow and loosen muscles.
- TAKE WHAT YOU CAN GET! Sleep as much as possible on the plane.
- Previous advice was to sleep during your destination's night-time – this causes people to stay awake and ultimately just increases sleep dept.

It is now advised that you to sleep during your departure time zone or as you feel the drive to sleep – basically, maximise sleep!

- Avoid watching movies or playing games excessively during this time.

To help with sleep and comfort, try use the following:

- Recline the seat
- Eye shades
- Ear plugs or noise cancelling headphones
- Neck pillows
- Eye drops and nose spray
- Ask others not to disturb you during sleep
- Try to eat at your destination's mealtimes.
- Stay well hydrated (bring a drink bottle) and avoid too much caffeine (<1cup every 4 hours)
- Avoid alcohol

AFTER TRAVEL

- Wear compression socks for 1–2 hours after the flight.
- Use hot/cool showers or a pool session on arrival to help reduce stress and assist sleep.
- Use inflatable compression boots on arrival (and the days following) to reduce swelling and improve blood flow.
- Exposure to sunlight is very important, if possible, get outside.
- As soon as possible establish a regular routine.
- If tired on arrival, nap for up to 90 minutes during the morning or early afternoon.
- Use eye shades/ear plugs to minimise interruption
- Set an alarm to wake you up
- Don't nap close to bedtime
- NIGHT TIME SLEEP IS YOUR PRIORITY!
- The ideal environment to sleep is one that is cool (19–21°C), dark, and quiet.
- Avoid scheduling hard training sessions in the two days following travel.
- Avoid caffeine in the afternoon and evening.
- One night of sleep disturbance is “no catastrophe” and will not negatively impact on performance.
- Avoid hard training for the two days following travel
- Ask support staff for an AIS 'travel plan' to accelerate getting over jet-lag