



ASPETAR اسپتار

BEAT THE HEAT



IAAF | The Home of World Athletics



Beat the heat

IAAF World Athletics Championships Doha 2019
and the Olympic Games Tokyo 2020.



ATHLETE
365

BEAT THE HEAT

TOKYO 2020 OLYMPIC GAMES

10 TOP TIPS

- Heat acclimatization by training in the heat for at least two weeks.
- If you cannot acclimatise for two weeks, try at least one week!
- Implement your hydration plan starting in the days and weeks preceding the event.
- Use pre-cooling strategies during your warm-up (e.g. ice vest).
- Test your cooling strategies during practice prior to the event/competition.
- Do not use clothing that limits sweat evaporation.
- Many medications can impair your ability to tolerate heat, so discuss your medications with your sports physician.
- Diarrhoea and vomiting impair your hydration status and will require the use of Oral Rehydration Solutions (ORS).
- Use a non-greasy sunscreen.
- Use a hat and Category 3 sunglasses.

To find out more visit

www.olympic.org/athlete365/beat-the-heat