



# ULTRA SPORTS SCIENCE

## **The risk of sports at altitude: hypoxia**

### **For race organizers at altitude**

- Advise runners to arrive 4 nights before the start of an on-site race
- Have the necessary medicines for the different altitude pathologies
- Have hyperbaric decompression bags at the top of the highest altitude and in several places if required
- Check the saturation of the runners as often as possible above an altitude of 3500 m.

### **For this it is necessary to set up:**

- A good distribution of the first aid teams on the race to carry out first aid and inform the accident site medical team.
- Very good mobility of the emergency medical team with vehicles adapted to the terrain (motorbike, quad, etc.) to administer vital first aid on site.
- Having medical transfer vehicles.
- To have the necessary equipment for the treatment of pathologies related to altitude (oximeters, oxygen, hyperbaric chambers, adapted medicines...)
- To have appropriate means of communication for the organization of relief for the various responders (organizers, rescuers, medical teams, hospital services, etc.)

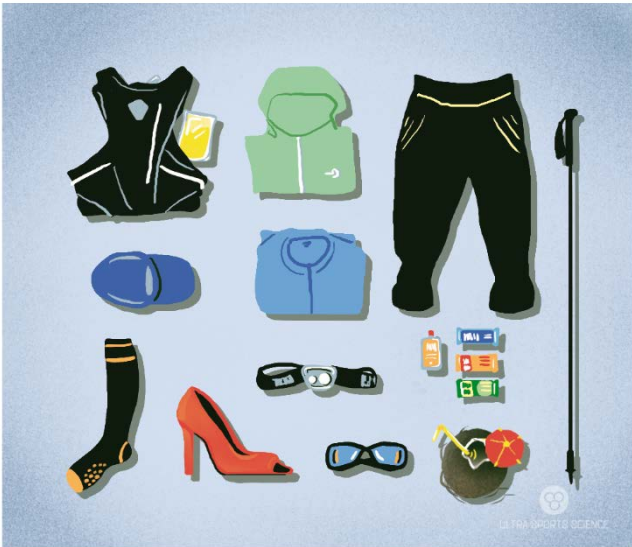
It is therefore essential for race organizers to plan for the management of serious illnesses related to hypoxia and altitude in their overall health coverage of their sporting event.

### **HIGHLY RECOMMENDED FOR ALL:**

Having first aid training is an essential recommendation

Know how to prevent emergency services

## TESTER L'ÉQUIPEMENT



*Je teste toujours mon équipement, mon plan d'hydratation et de nutrition à l'entraînement avant de les utiliser en compétition.*

## L'HYDRATATION



*Je bois à la sensation de soif et mange salé au goût pour éviter l'hyperhydratation et la déshydratation.*

## CONDITIONS ENVIRONNEMENTALES



*J'anticipe et me prépare aux conditions environnementales extrêmes lors de l'exercice.*

## SOUSCRIRE À UNE ASSURANCE



*Je souscris à une assurance adaptée aux risques de la pratique de mon sport (Couverture des frais d'hélicoptère).*