



ULTRA SPORTS SCIENCE

Cardio respiratory problems in ultra sports

For race organizers at altitude > 3000 m

- Dissemination of prevention message by the organizers
- For the first experiences at altitude an evaluation with altitude experts is preferable

For race organizers, it is a question of respecting clear objectives:

- The medical kit must be adapted to the medical needs, taking into account the difficulty, the access time by the rescue teams at the aid station and the skills of the medical team.
- Have all the drugs necessary for the management of a cardio-respiratory disorder (Defibrillators, nebulizing mask, Ventoline® spray, Salbutamol for nebulization, oxygen cylinder, BAVU insufflator + ventilation mask, oxygen mask and high concentration mask...)
- Then be able to transfer to a specialized center

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.
- To have adapted and equipped transfer vehicles.
- 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 cardio disorders breathing of athletes 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

Perform cardio-pulmonary resuscitation (CPR)

Use of defibrillator