



ULTRA SPORTS SCIENCE

Gastrointestinal disorders during exercise

The incidence of gastrointestinal symptoms would affect 60 to 96% of ultra-enduring athletes during the competition. Symptoms can range from mild discomfort to discomfort to extremely severe symptoms that cause the race to stop and stop, or even the need for medical care during and after the race. Gastrointestinal symptoms during exercise can have multiple causes and can appear quickly with transient impairment of bowel function. They can also appear later during the race and then continue for a long time.

For race organizers and healthcare professionals:

-Know or take appropriate training in food hygiene.

Provide hand sanitizers at aid stations

- Provide athletes with information on race food and fluid supplies ultra.

- Provide low-FODMAP and low-fat food and liquid options residues in aid stations.

- Offer a variety of foods and liquids to the tastes, flavors and textures different.

- If the event takes place in hot ambient conditions, provide fresh liquids, ice and / or cold showers or a cold wet towel.

-Have a stock of anti emetic drugs.

- Have equipment for monitoring body temperature

- Have technical points to warm up or cool the body.

- A good distribution of rescue teams on the race to perform first aid and inform the medical team of the accident site.

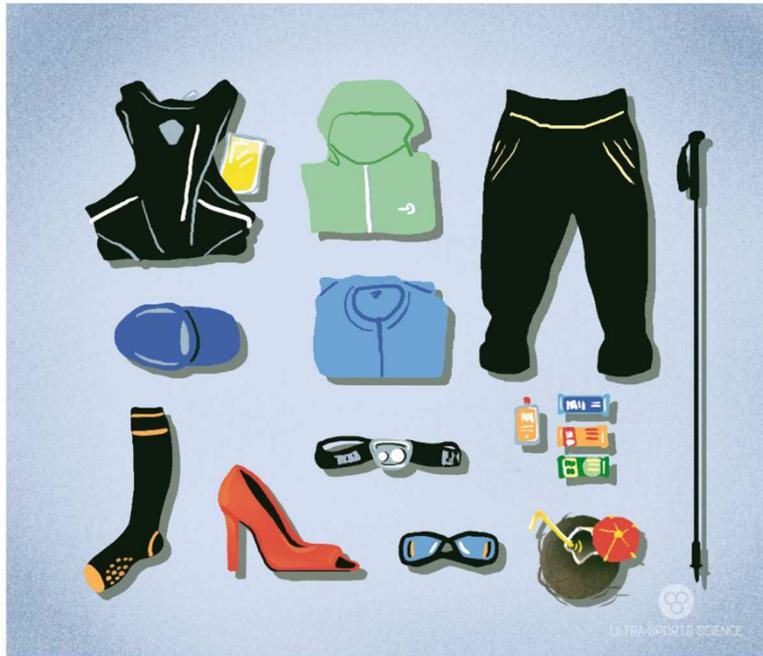
- Very good mobility of the emergency medical team with vehicles adapted to the terrain (motorcycle, quad, etc.) to administer vital first aid on site.

- Having medical transfer vehicles.

- To have suitable means of communication for the organization of relief for the various stakeholders (organizers, first aiders, medical teams, hospital services, etc.)

-It is therefore essential for race organizers to plan for the management of illnesses linked to the gastrointestinal disorders of athletes in their overall health coverage of their athletic event.

TESTER L'ÉQUIPEMENT



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

HIGHLY RECOMMENDED FOR ALL:

Having first aid training is an essential recommendation

Know how to prevent emergency services