



ULTRA SPORTS SCIENCE

Hydration in ultra endurance

For race organizers

Diffusion of prevention message by the organizers, insist on proper hydration strategies and warn against the overhydration (advise to drink according to thirst).

Explain the danger of salt tablets, in order to favor super-salty vegetable broths and how to take them.

Good distribution and organization of refueling points with respect for the balance between water and salty / sweet food

Be alert to minor and non-specific symptoms: nausea, headache, etc.

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 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 treatment of serious illnesses including hyponatremia in 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

Medical team needs to be aware of symptoms and how to treat exercise associated hyponatremia (review article available [PLEASE PROVIDE LINK TO MY ARTICLE](#))

Have hypertonic saline solution available in medical kit

L'HYDRATATION



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