

## Pre-competition heat-strategy questionnaire – Athlete

Gender: M / F      Country: \_\_\_\_\_      Event(s): \_\_\_\_\_

Bib number: \_\_\_\_\_      Date of arrival in Beijing: \_\_\_\_\_

Height: \_\_\_\_\_ cm      Body mass: \_\_\_\_\_ kg

Have you ever experienced the following while training or competing in the heat?

- Cramping     Vomiting     Nausea     Severe headache  
 Collapsing / fainting     Other: .....

Have you ever been diagnosed with exertional heat illness?  Yes /  No

- Dehydration     Hyponatremia     Heat exhaustion     Heat stroke

---

### Heat-acclimatization

In preparation for this World Championship, did you:

- Train in a natural hot environment / country (for ..... days)  
 Train in an artificial hot room / laboratory (for ..... days)  
 Did not train in the heat

---

### Pre-cooling

What precooling method(s) do you plan on using?

- None     Ice vest     Cold towel     Neck collar  
 Whole-body cold water immersion     Leg cold water immersion  
 Ice-slurry ingestion     Other: .....

---

### Hydration

How much fluid do you plan on consuming during your event?

- None     Less than 0.5L     0.5 to 1 L  
 1 to 1.5 L     1.5 to 2 L     More than 2 L

What drink composition do you plan on using?

- Water     Electrolytes     Carbohydrates  
 Other: .....

---

### Recovery

What recovery strategy do you plan on using?

- None     Active recovery     Stretching     Contrast immersion  
 Cold Water immersion     Hot water immersion  
 Compression clothing     Massage     Electro-stimulation  
 Other: .....