

Beat the heat IAAF World Athletics Championships Doha 2019 Questionnaire **English**

Name: _____ Date: ___ / ___ / 2019 Gender: M / F, Height: _____ cm,

Body mass: _____ kg, Age: _____ yrs National team: _____

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

Cramping Vomiting Nausea Severe headache Collapsing – fainting

Other: _____

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

If yes, was it: Dehydration Hyponatremia Heat exhaustion Heat stroke

3. Do you usually live or train in a hot environment? Yes / No

4. In preparation for this World Championship, did you specifically?

Train in a natural hot environment - country (for ___ days before Doha)

Train in an artificial hot room - laboratory (for ___ days before Doha)

Did not train in the heat before Doha

5. Have you ever measured your core temperature during training? Yes / No

If yes, how did you measure it: _____

6. During your taper, did you perform any passive heat exposures? Yes / No

Hot water immersion Sauna Other: _____

13. During the 10 days preceding this event did you experience?

No illness Stomach pain Insomnia Food poisoning Gastroenteritis Vaccination

Diarrhoea Vomiting Fever Congestion Other: _____

