Beat the heat IAAF World Athletics Championships Doha 2019 Questionnaire

Name: ___________________________ Date: ____ / ____ / 2019  Gender: M / F  Height: _____ cm,
Body mass: _____ kg  Age: _____ yrs  National team: ___________________________

8. How much fluid do you plan on consuming during your event?
☐ None  ☐ Less than 0.5 L  ☐ 0.5 to 1 L  ☐ 1 to 1.5 L  ☐ 1.5 to 2 L  ☐ More than 2 L
Including: ☐ Water  ☐ Electrolytes  ☐ Carbohydrates  ☐ Ice-slushy  ☐ Other:_____________________

9. How did you establish this amount?
☐ personal experience  ☐ fluid availability  ☐ coach recommendation  ☐ nutritionist recommendation
☐ sports scientist recommendation  ☐ personal reading  ☐ other:_____________________

10. What precooling method(s) do you plan on using before your event?
☐ None  ☐ Fanning  ☐ Cold towel  ☐ Ice vest  ☐ Neck collar  ☐ Whole-body cold water immersion
☐ Leg only cold water immersion  ☐ Ice-slushy ingestion  ☐ Menthol mouth rinse  ☐ Other menthol applications
☐ Other:_____________________

11. What mid-cooling (within race cooling, also known as per-cooling) method(s) do you plan to use during the race?
☐ None  ☐ Ice slurry ingestion  ☐ Cold water ingestion  ☐ Head or face cooling via water dousing
☐ Menthol mouth rinse  ☐ Other menthol applications  ☐ Other:_____________________