

## 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: \_\_\_\_\_

