Infographics: Winning road cycle races: a Team Sky perspective

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Infographics: Winning road cycle races: a Team Sky perspective

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9 REDUCING EFFECTS OF TRAVEL

- Chewing gum with xylitol e.g. pre-flights, to reduce risk of infections when flying
- Stay well-hydrated during the flight, avoiding alcohol, and keep mobile in-flight.
- Start adjusting to the new time zone before you leave.
- Compression stockings.

- Ideally arrive at least one week before the race, to allow your body to adapt to the new time zone and environment, including heat exposure.
- Consider flight times in relation to training and racing plans to minimise infection risk to athlete.
- Review risks of travel in multi-disciplinary team and if any precautions, e.g. travel vaccines, food, water, etc, need to be planned.

10 HEALTH SCREENING

- Pre-season medical
- Regular blood screen.
- Vaccinations – influenza; hepatitis A and B; traveller's diarrhoea.
- Regular wellbeing monitoring via the team performance support app.

11 ON-RACE HEALTH MONITORING

- First pass urine osmolality and early morning weight checks to assess hydration.
- Early morning health screen to detect infections early.

12 TEAM PROTOCOLS

- Infection prevention and antibiotic protocol.
- Hand hygiene.
- Exercise in the heat guidelines
- Altitude camp protocol. Generally 'live high, train low'.

13 EXPERT MANAGEMENT OF COMMON CYCLING MEDICAL ISSUES

- Infection – commonest reason for being 'off bike'. For example, for common cold viral infections use zinc lozenges at a dose of 80mg/day started within 24 hours of symptoms and continued for up to 2 weeks.

- Trauma. Road rash, with associated wound management, and fractures from falls, especially management of clavicular fractures.
- Overuse injuries, especially common around the knee (e.g. patellofemoral pain) and low back pain.

14 ANTI-DOPING

- Education of the athlete around anti-doping issues and ensure they are kept up-to-date on WADA anti-doping guidelines.
- Knowledge and understanding of the athlete's biological passport.
- All athlete medication checked with globaldro.com.

15 DIETARY SUPPLEMENTATION

- Generally not needed if you have a well-balanced diet but ones to consider with appropriate review:
- Vitamin D, particularly in winter months.
 - Probiotics to reduce incidence of upper respiratory tract and gastrointestinal infections.
 - Iron, particularly if considering altitude training.

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