

Staying Healthy During Summer Team Travel

This summer Ka Ulukoa will culminate its highly successful club volleyball season by competing in national tournaments in Louisville Kentucky and Miami Florida and Atlanta Georgia.

To assure maximal performance and success for our teams, Ka Ulukoa athletes, coaches, and families should take reasonable steps to maintain the health of those competing. The following common-sense guidelines will help us achieve a healthy and successful outcome from our tournament travel.

- Before Departure:
 - Minimize the effect of jet lag:
 - Adjust eating and sleeping patterns to the new time zone for a few days prior to departure.
 - Exercise regularly the week prior to departure.
 - Obtain adequate sleep the night before traveling
 - Drink adequate fluids (not alcohol or coffee) prior to travel.
 - Don't travel if you have a contagious illness:
 - Traveling while sick risks your health as well as those traveling with you.
 - Check with physician before traveling if you have fever, cough, sore throat or other flu-like symptoms.
- During Flight:
 - Minimize the effect of jet lag:
 - Once boarded, set your watch to the new destination time and adjust eating and sleeping accordingly.
 - Sleep during the overnight portion of the flight and stay awake during the daytime portion.
 - Exercise on flight, for example walk around plane and stretch every hour while awake. This will also help prevent venous thrombosis (blood clots.)
 - Drink adequate amounts of liquid including water and juices. Avoid excess alcohol and coffee (adults.)
 - Avoid exposure to contagious illness:
 - Wash hands after contact with others, after using restroom, and before meals.
 - Avoid sharing food and beverages with others.
 - Cover mouth when coughing, sneezing.
 - Avoid sitting near a passenger with persistent cough or obvious illness.
 - Inform flight attendant as the airlines have a protocol for isolation of potentially contagious passenger.
- After Arrival:
 - Minimize the effect of jet lag:
 - Adjust to new local time as quickly as possible. During daytime stay awake, go outdoors, and exercise. At night try to sleep. Adjust meal times accordingly.
 - Avoid exposure to contagious illness:
 - Wash hands after contact with others, after using restroom, and before meals.

- Avoid sharing food and beverages with others.
- **Athletes should avoid sharing water bottles with teammates.**
 - Water bottles should have name of athlete and be used solely by that individual.
- **Athletes rooming together should not share eating utensils, bathroom items such as drinking cups, toothbrushes etc.**
 - Each item should be marked or segregated so as not to be used inadvertently by someone else.
- Avoid unnecessary close contact with strangers or individuals that may be contagious. This includes shaking hands, hugging, kissing etc.
- Avoid large, confined crowds where airborne contamination may occur. Outdoor crowds (Six Flags, etc.) and swimming pools, if adequately maintained and chlorinated probably pose little risk.