

JANN KILLOPS

MEDICLINIC



THE SCIENCE OF CARE - ANYWHERE, ANYTIME



**BARE SCHOOL HALL TO BECOME 20
BED RACE HOSPITAL WITH 2-BED ICU**



**75 MINUTES LATER THE HOSPITAL WAS
IN PLACE AND FIRST PATIENTS WERE
BEING ATTENDED TO**



INFRASTRUCTURE

- MOBILE RACE HOSPITAL
- ICU
- ULTRASOUND , POC
- HANDPICKED , SPECIALISED CARE
- 8 DOCTORS
- 8 NURSES
- 4X4 AMBULANCES
- MEDICAL POINTS
- QUAD MEDICS
- MOTORBIKES
- HOSPITAL NETWORK





MOBILE LAB

REAL TIME LABORATORY

- ON SITE
- REAL TIME DECISIONS BASED ON SCIENCE



ROUTE CARE

- DOCTOR, NURSE
PREHOSPITAL TEAMS
- 3 STATIONS
- ALL CLINICAL SCENARIOS

TREAT PROBLEMS EARLY





10 COMMON RACE CHALLENGES

- DIET
- SUPPLEMENTS
- KEEPING THE REAR IN GEAR
- YOUR KIDNEYS ARE AS IMPORTANT AS YOUR LEGS
- DOPING
- ANTI-INFLAMMATORY MEDS
- VOMITING AND DIARRHOEA
- STRAPPING
- EYE PROTECTION
- FOOTWEAR



SCREENING AND PREPARATION

- TELL US ABOUT YOURSELF – QUESTIONNAIRE FOR PREPARATION
- ENGAGE BEFORE THE RACE- ASK QUESTIONS
- MULTISTAGE EXPERIENCE –DIGGING DEEP NEEDS TRAINING TOO!
- GET TO KNOW YOUR PARTNER....ALMOST AS IMPORTANT AS YOUR BIKE

DIET



- EAT FOOD
- EXERCISE INTENSITY CAUSES GASTRIC DISTRESS
- TRAIN EATING THE FOOD YOU WILL EAT ON RACE DAY

SUPPLEMENTS

- NO SUBSTITUTE FOR TRAINING VS A TIMED ERGOGENIC AID
- CAN BE HARMFUL CONTAIN BANNED SUBSTANCES, ELECTROLYTES , DAMAGE KIDNEYS
- NOT REGULATED BY MCC



POSITION STATEMENT OF THE SOUTH AFRICAN INSTITUTE OF DRUG FREE SPORT (SAIDS) ON THE USE OF SUPPLEMENTS IN SPORT IN ADULTS COMPILED BY DR. AMANDA CLAASSEN, RD, EXERCISE SCIENTIST, PHD

POTENTIAL DEAL BREAKERS



- WALK IN YOUR CYCLING SHOES



- WEAR GLASSES, RAIN OR SHINE



BEST BUM IN TOWN

- BUY GOOD SHORTS
- NO" NEW "SHORTS
- ALTERNATE TO AVOID SEAM LINES
- GOOD HYGIENE
- MUD....
- EARLY RUNNING REPAIRS
- GIVE YOUR BUM A BREAK, STAND, COMMANDO



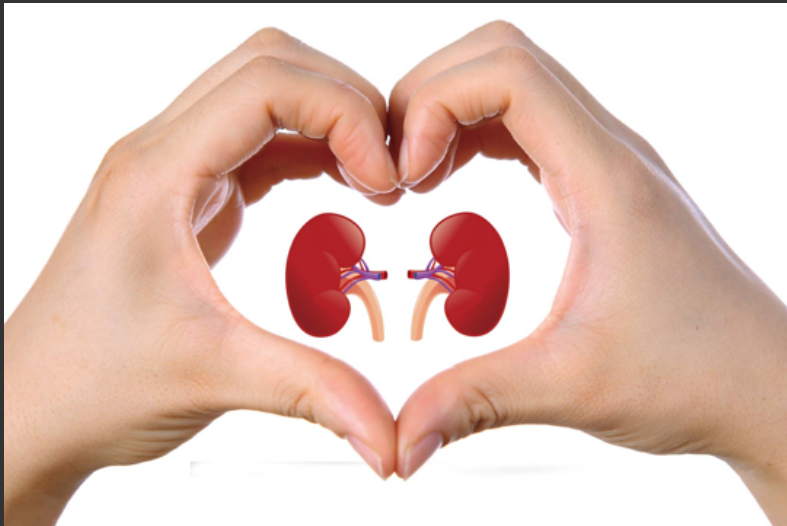


DOPING

- ZERO TOLERANCE
- RANDOMLY CHOSEN , NOT ONLY WINNERS
- LIFETIME BAN
- PUNITIVE MEASURES AGAINST CYCLIST AND DOCTORS
- NO NEEDLE POLICY

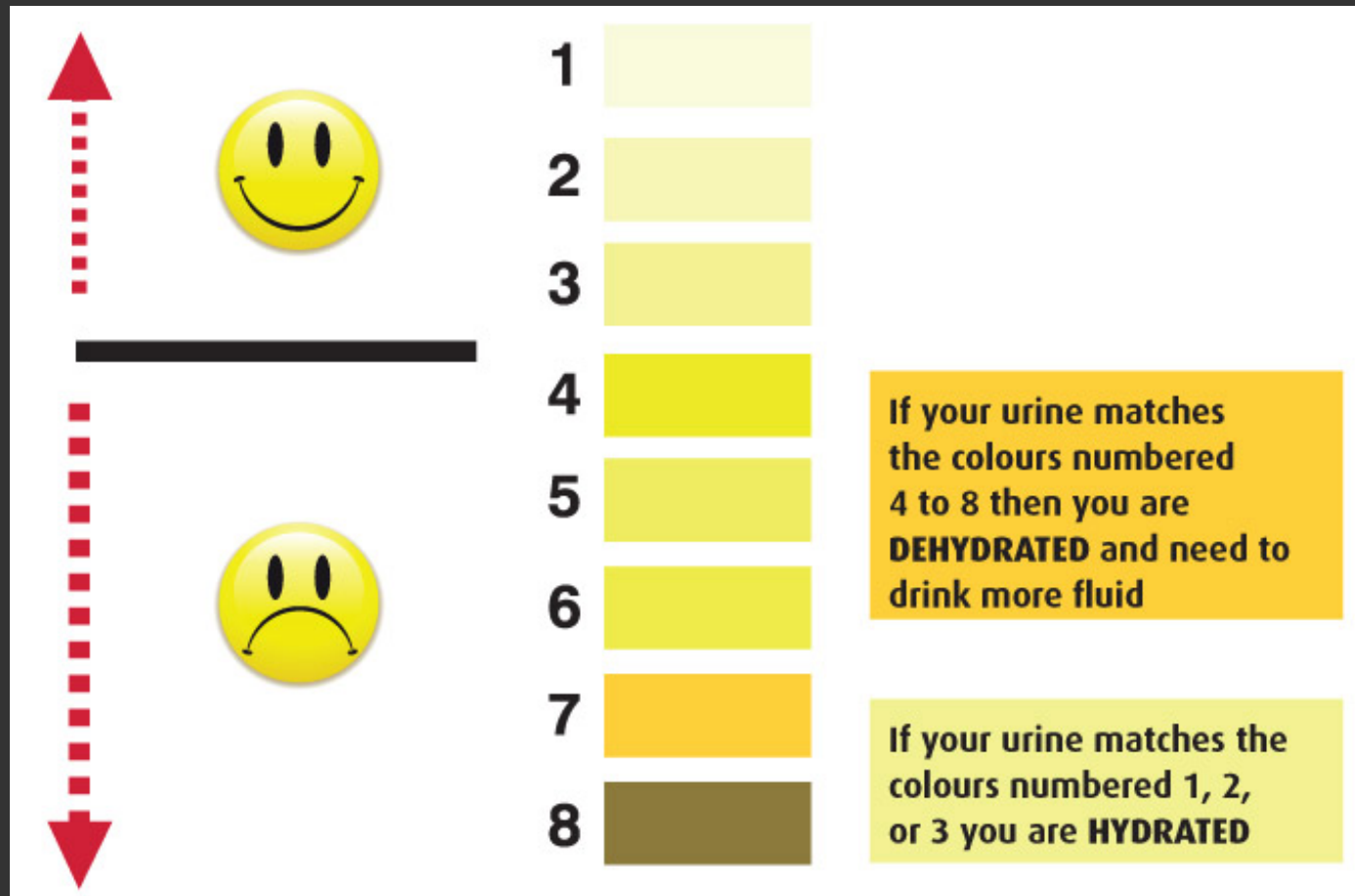


LOVE YOUR KIDNEYS



- FILTER OVER 200 LITRES PER DAY AT REST
- BLOOD FLOW AFFECTED BY DEHYDRATION, MUSCLE BREAKDOWN , NSAIDS
- BY THE TIME YOUR BLOODS ARE ABNORMAL YOU HAVE LOST HALF OF THE FUNCTIONING
- LONG TERM CONSEQUENCES

URINE CHART



DRIPS



- JUSTIFIABLE REASON SAIDS
- PROVEN CLINICAL COMPROMISE
- GUIDED BY BLOOD TESTS
- BLOOD RESULTS FOLLOWED DAILY
- ORAL REHYDRATION IS BEST

ANTI-INFLAMMATORY DANGERS



- NO PAIN NO GAIN
- AFFECT BLOOD FLOW TO THE KIDNEY
- MUSCLE DAMAGE
- DEHYDRATION
- HEAT ILLNESS

**ASK MEDICAL TEAM FOR
DRUGS!!!!**

VOMITING AND DIARRHOEA



- OSMOTIC-HIGHLY CONCENTRATED DRINKS AND GELS
- INFECTIOUS-FOOD HANDLING CLEANLINESS
- HAND HYGIENE
- STRUGGLE WITH HYDRATION, MORE OSMOTIC LOAD
- OWN MEDICATION WITH SIDE EFFECTS

ASK FOR HELP!!



STRAPPING

- PHYSIOTHERAPY
- INJURIES ONLY
- RUNNING REPAIRS

THANK YOU

CONTACT DETAILS

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