



Medical tips

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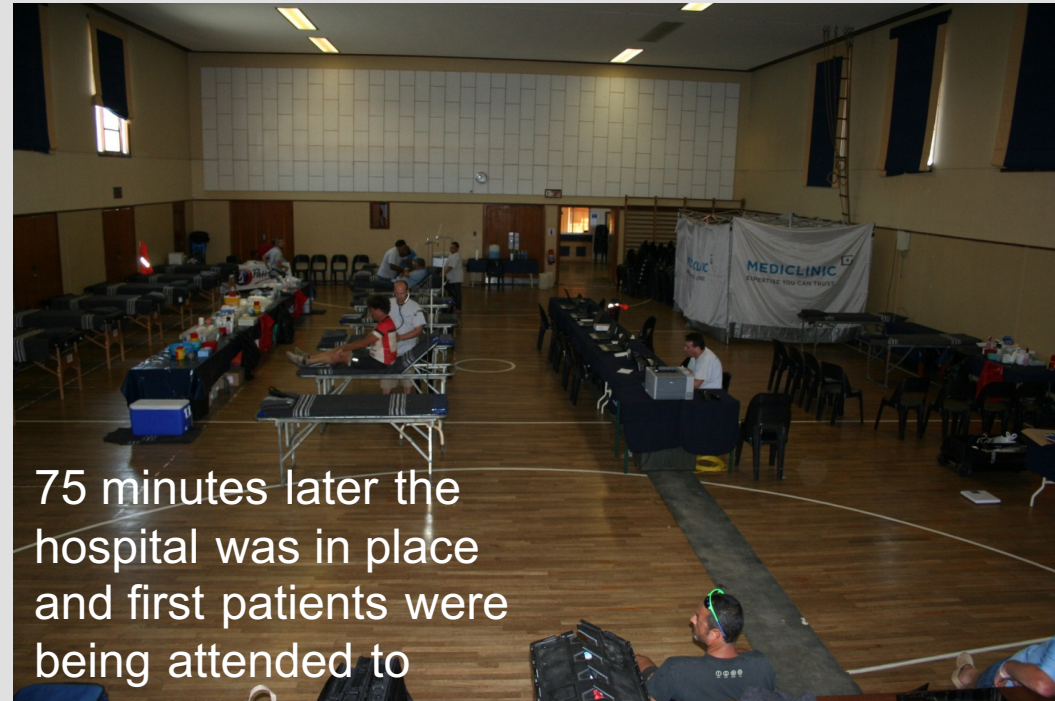
THE UNTAMED AFRICAN MOUNTAIN BIKE RACE



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

Race hospital



Infrastructure

Mobile race hospital
ICU

Handpicked , specialised care
8 Doctors
8 Nurses

Ultrasound , POC

4 4x4 Ambulances
3 medical points
5 Quad Medics

Hospital network





Mobile lab

Real time laboratory

On site

Real time decisions base on science



Route care

Doctor, nurse prehospital
teams

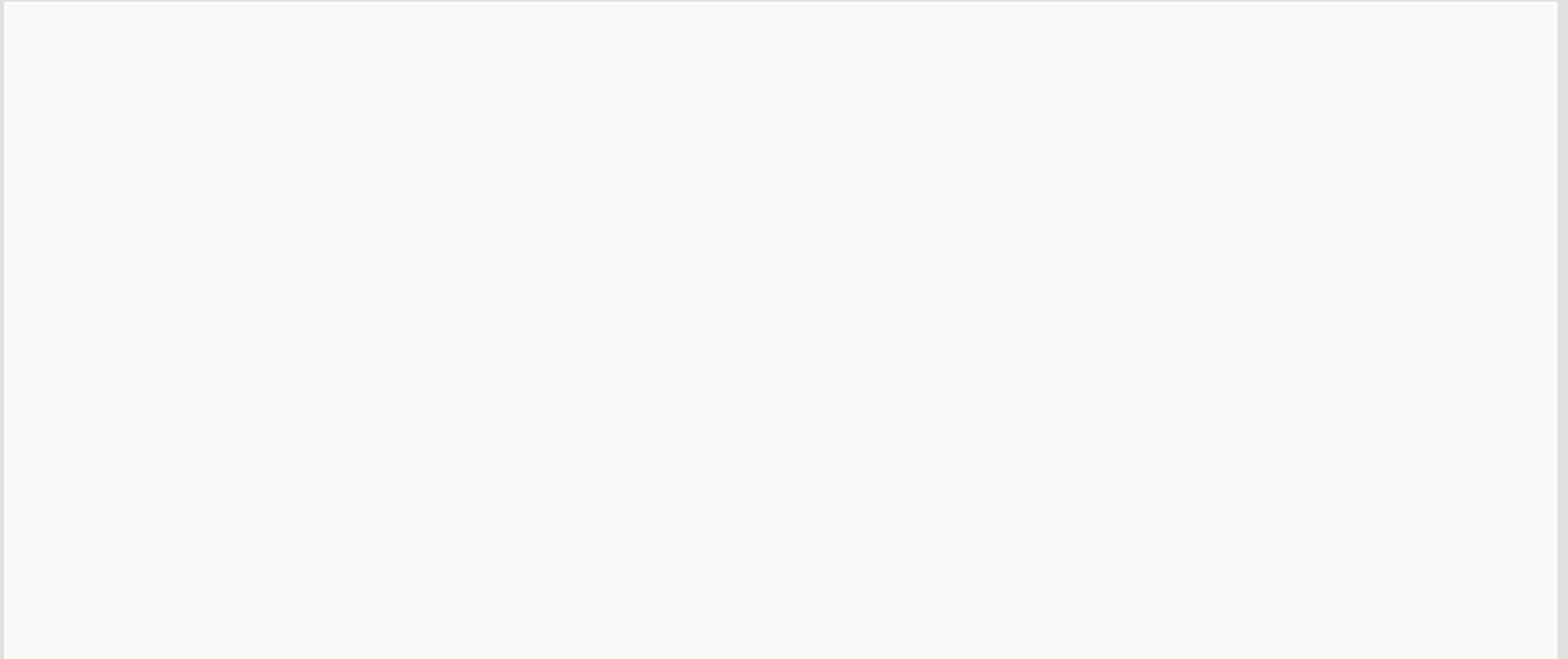
3 Stations

All clinical scenarios

Treat problems early



Field to discharge





10 Common Race Challenges

- Diet
- Supplements
- Keeping the rear in gear
- 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

Supplements

No substitute for training

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

Diet



Eat food

Exercise intensity causes gastric distress

Train eating the food you will eat on race day

Goo ...find the loo



Potential deal breakers

Walk in your cycling shoes

Wear glasses, rain or shine



Keeping your rear in gear.



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

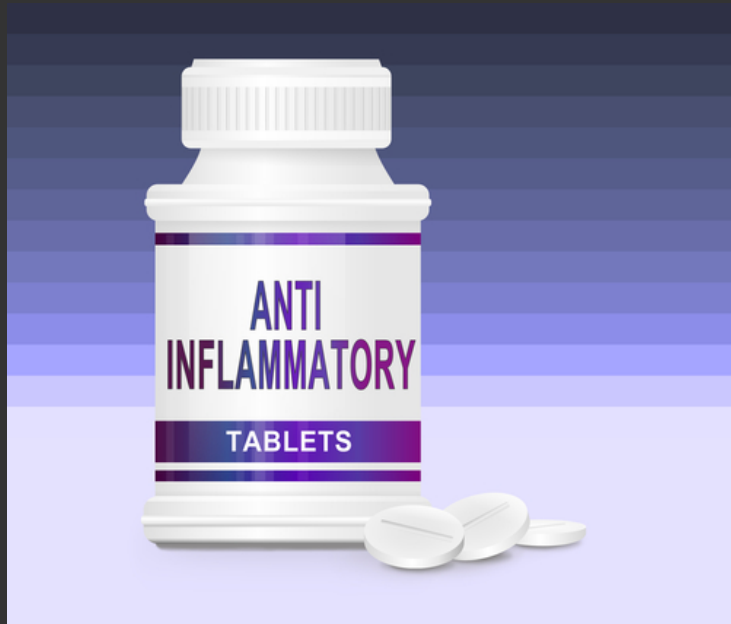




Drips

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

Epic wrap



Questions



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