

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: _____

8. How much fluid do you plan on consuming during your event?

None Less than 0.5L 0.5 to 1L 1 to 1.5 L 1.5 to 2 L More than 2 L

Including: Water Electrolytes Carbohydrates Ice-slurry Other: _____

9. How did you establish this amount?

personal experience fluid availability coach recommendation nutritionist recommendation

sports scientist recommendation personal reading other: _____

10. What precooling method(s) do you plan on using before your event?

None Fanning Cold towel Ice vest Neck collar Whole-body cold water immersion

Leg only cold water immersion Ice-slurry ingestion Menthol mouth rinse Other menthol applications

Other: _____

11. What mid-cooling (within race cooling, also known as per-cooling) method(s) do you plan to use during the race?

None Ice slurry ingestion Cold water ingestion Head or face cooling via water dousing

Menthol mouth rinse Other menthol applications Other: _____

