

# 2023 11 Day Power Play Health & Safety Tips

## GENERAL INFORMATION

Excelsior Orthopaedics is proud to be the medical provider for the 2023 11 Day Power Play Community Shift! Excelsior Orthopaedics will have at least one Certified Athletic Trainer (ATC) on-site and available at all times throughout the 11-day event. ATC's are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical assessments, and therapeutic intervention of injuries and medical conditions.

Throughout the event, an ATC will be available to evaluate, assess, and provide proper intervention (including: blister/first-aid care, immediate injury management, taping, referrals, and emergency response). Please follow the Excelsior Orthopaedics Athletic Training Room signs or see an 11 Day Power Play volunteer/staff member for directions to the ATC covering your shift. Excelsior Orthopaedics is providing all 11 Day Power Play athletes direct access to Excelsior Orthopaedics' offices for Excelsior Express or Sports Medicine physician appointments. Please see an ATC for more information on how we plan to keep you safe!

## HYDRATION AND NUTRITION TIPS

Your 11 Day Power Play experience comprises of a 3-hour shift with 50 minutes of play and 10 minutes of rest each hour. The length of total activity during this time is similar to that of a marathon! Therefore, proper nutrition and hydration is an important part of peak performance and enjoyment of your participation in the event.

As we exercise, our bodies create sweat as part of a natural cooling mechanism. Sweating leads to loss of fluids; this lowers the body's ability to transfer heat and cool the body. To counter fluid loss, we take in fluids. Sometimes though, our sweat rate can exceed our body's ability to absorb fluid. This ultimately leads to dehydration. Signs of mild to moderate dehydration include: increased thirst, dry mouth, headache, lightheadedness, dizziness, cramping. In the days leading up to your shift an easy way to monitor your hydration level is through urine color. Clear urine with frequent trips to the bathroom suggests that you're overdoing the fluids. Darker urine means you need to up your intake. Don't wait until the day before your shift to monitor your hydration, achieving optimal hydration is a process achieved over several days and cannot be effectively obtained at the last minute. Proper hydration is key in the prevention of cramping and heat related illness (Yes! Even on the ice).

The pre-shift meal should be lower in fat and fiber but higher in carbohydrates (approximately 200-300g) to facilitate rapid digestion. Keep in mind; however, that fat provides a dense source of calories that can be utilized by the endurance athlete, so it does not need to be eliminated completely. Moderate amounts of protein will help provide energy to facilitate many metabolic processes in the body in order to help achieve sustained performance. Meal examples include the following:

- Oatmeal with fruit
- Peanut butter and Jelly
- Whole grain wheat bagel(s) with egg.
- Wheat waffles or pancakes and maple syrup, scrambled eggs
- Chicken and brown rice
- Spaghetti with meatballs

Intra-shift snacks are encouraged and should be comprised of more simple carbohydrates for rapid absorption and readily available energy. Snack examples include the following:

- Fruit
- Energy gels
- Energy bars

The 11 Day Power Play will be providing limited granola bars and energy drinks throughout the event.

Follow the tips above to assure yourself the most enjoyable 11 Day Power Play Community Shift experience possible!!