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Protect Your Health on a Sport Travel Tour

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Travelling abroad on a sports tour comes with a whole cocktail of health concerns. Here’s a comprehensive guide to protecting your health, while you’re on the road.

Before You Go

As soon as you know that you’re joining this sports tour, check that your passport isn’t going to run out on you. Write down your passport number (or make a photocopy) and store this somewhere safe, just in case you lose your passport abroad. Check if you need a visa before you merrily head on your way and take another form of photo ID with you.

Don’t become a target for thieves. Take only the money that you need. Consider investing in a money belt.

Book an appointment with the travel nurse at your local medical centre and check that all your vaccinations are up-to-date. You may need further vaccinations before you leave. Make a note of your blood group, just in case.

Risk of Injury and Infection

Safety standards aren’t always as rigorous and when you’re partaking in sport, you may be more vulnerable to injury or infection. Always take a first aid kit with you. Never treat anyone else – especially if they’re stranger – if you aren’t wearing protective gloves.

Don’t go get a tattoo or a piercing abroad or have unprotected sex.

Biting insects are common in some countries and they can pass on some very harmful diseases, such as malaria, yellow fever, dengue fever, Japanese encephalitis, and tick borne encephalitis. You can help yourself by getting the right vaccinations in advance, covering your arms and legs, applying insect repellent, and sleeping under mosquito nets.

Food and Water Hygiene

The traveller’s tummy affects one in three people that go abroad. This involves contracting a stomach bug, diarrhoea, or some other gastric illness during or after their trip. Always use hand sanitiser before you eat and only drink bottled water (you’ll need to use this to brush your teeth too).

Opt out of ice in your drink and don’t consume raw, uncooked foods or unpasteurised dairy, unless it’s a country with a clean record, like your own.

Protect Yourself From The Sun

In many ways, the sun is fantastic for our well-being, but too much can be very harmful to the skin. It’s important to cover up properly and use good quality sunscreen, if you’re going to be exposed to the sun. Apply regularly, and look for brands that are waterproof and sweat-proof. Where possible, try to stay out of the sun during the hottest time of the day (11am – 3pm).

Move About
On long journeys, it’s important to take regular breaks or (if you’re on a flight) stand up and move around. Take time to have a little walk and stretch. Keep taking on fluids. And if you have fifteen minutes to spare, why not play an active game with your co-travellers? Who knows...you may even manage to sleep through the rest of the journey, after a little exercise.