



PARIS 2024



**ATHLETICS
CANADA**

Paris 2024 Paralympic Games Information Webinar #2

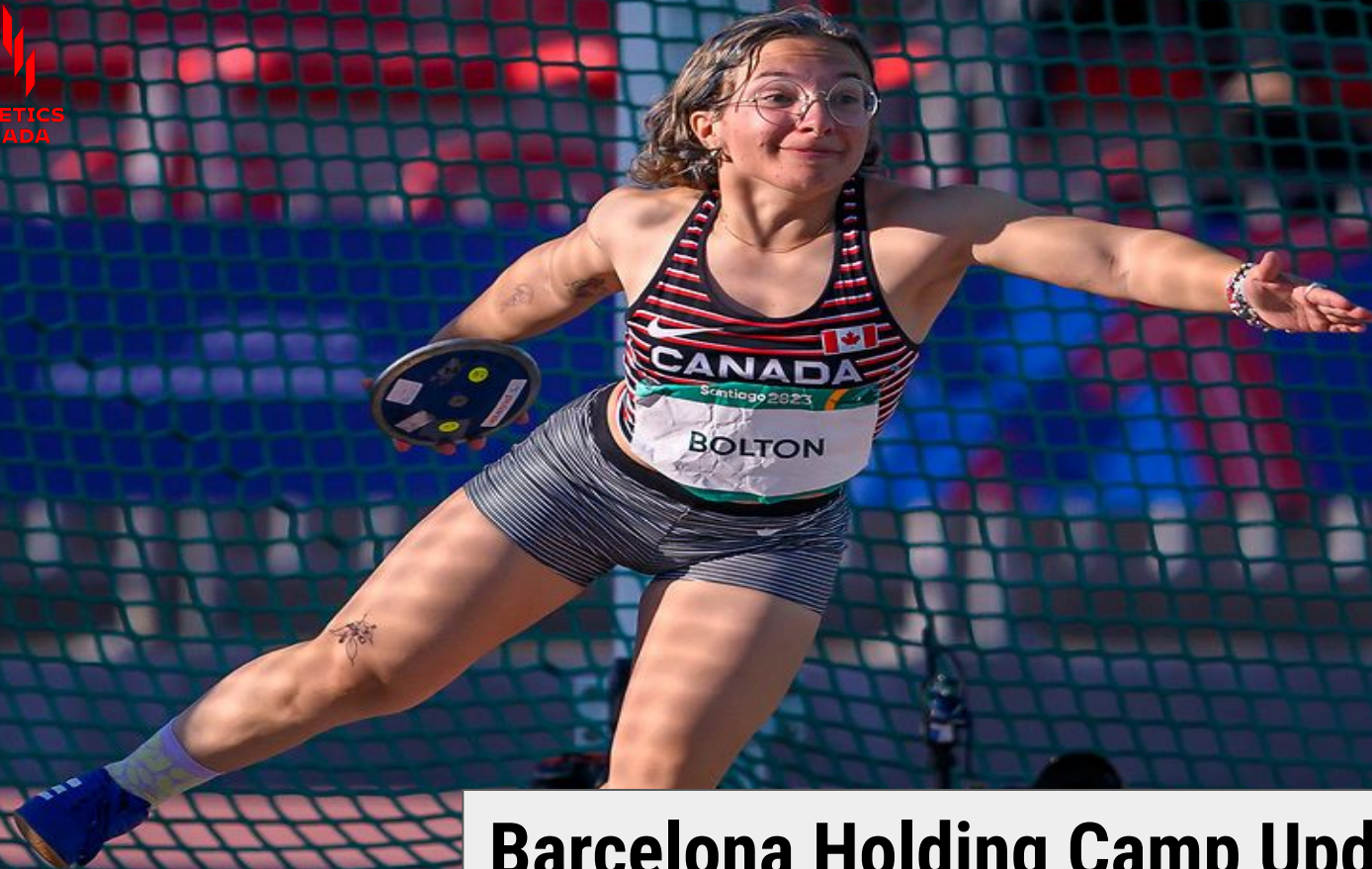




Webinar Agenda

- Barcelona Holding Camp Overview
- Paris 2024 Updates
- IST Planning
- Heat & Acclimatization
- Family & Friends





**Barcelona Holding Camp Update:
Led by Carla Nicholls & Gabby Faoro**

Holding Camp: Attendance

- We will host one training camp in St. Cugat, Spain
- All athletes are strongly encouraged to attend the holding camp
 - Personal coaches welcome with subsidized costs; and
 - Personal IST welcome for those who were gold medallist in Paris 2023.



Holding Camp: The Why & Benefits

- AC believes that the holding camp is the optimal preparation for Major Championships
- Sleep and recovery without home distractions during final phase preparation
- Adapt to environment, weather, and time zone and train in high performance environment
- Familiarization with team staff, treatment from core IST and connection with team coaches
- Team Staff will manage all logistics and minimize outside obligations
- Outfitting
- Updates with final information about the Games
- Opportunity to reconnect with teammates and the Canadian team culture
- All costs are covered by AC





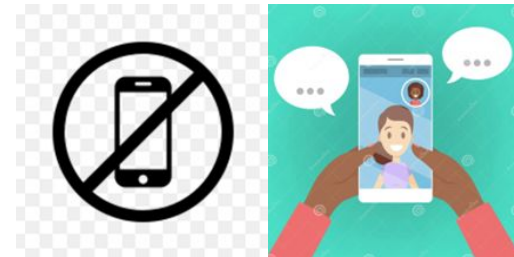
Holding Camp: Time Zones & Planning

When it is Monday 9:00 AM in:	The time in Barcelona/Paris is...
Vancouver	6:00 PM on Monday
Edmonton/Regina	5:00 PM on Monday
Winnipeg	4:00 PM on Monday
Toronto/Montreal	3:00 PM on Monday
The Atlantic Provinces	2:00 PM on Monday

When it is Monday 9:00 AM in Paris:	The time in...
Vancouver	12:00 AM on Monday
Edmonton/Regina	1:00 AM on Monday
Winnipeg	2:00 AM on Monday
Toronto/Montreal	3:00 AM on Monday
The Atlantic Provinces	4:00 AM on Monday

Ensure to make a plan now with Family and Friends
When will your blackout time be?

**Barcelona and Paris in the same time zone*





Holding Camp Update: Dates Overview

Camp Start Date: August 18, 2024

- Leadership Team to arrive two days ahead of the team's arrival on August 16

Arrival Waves into Barcelona

1. August 18 Arrival
2. August 22 Arrival

Departure Waves into Paris

1. August 26 Departure
2. August 30 Departure
3. August 31 Departure (Final Date of Camp)

**All arrivals to/from Barcelona will be at Barcelona Airport (BCN)*



Holding Camp Update: Tentative Daily Schedule

Time	Event
Breakfast	7:00 - 10:00 AM
(Olympic Weight Room) - Morning	9:00 - 11:00 AM
Wheelchair Racing Training - City Track	9:00 - 11:00 AM
CAR Training (T&F) + Gym	9:00 AM - 12:00 PM
Lunch	11:30 AM - 2:30 PM
(Olympic Weight Room) – Afternoon	3:00 - 5:00 PM
CAR Training (Track & Field) + Gym	3:00 – 7:00 PM
Wheelchair Racing Training - City Track	3:00 – 7:00 PM
Dinner	6:00 - 9:00 PM

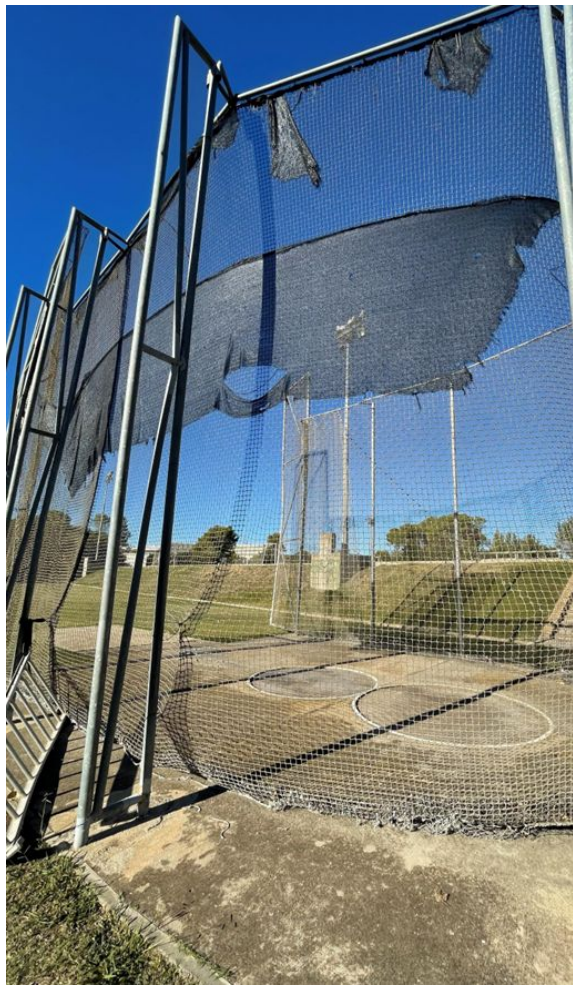


Holding Camp Update: Centre d'Alt Rendiment (C.A.R) Sant Cugat (Training Venue)

C.A.R Venue Details:

- Athletics Canada has access to training at C.A.R August 18 - 30
- Distance from Hotel: 3.6km - approximately 10 minute drive via shuttle

- Includes Track, Throwing Circles, Weight Room (including Olympic Weight Room), Outdoor and Indoor Pool, and access to running areas
- Fully equipped with equipment
- Change Rooms Available



Holding Camp Update: WCH Training Track

WCH Track Venue Details:

- Location: La Guinardera City Track
- Distance from Hotel: 3.6 KM (7-10 Min Shuttle)
- New track from previous year's WCH training track, as closer to hotel location and slightly faster
- Accessible Washrooms Onsite
- Change Rooms Available



Holding Camp Update: Endurance Athletes

- For our endurance running group, we will have a car rental available to use for transport to and from trails.
- Bikes will additionally be made available for Coaches/IST to use as well.



Holding Camp Update: Accommodation

El Sant Cugat Hotel

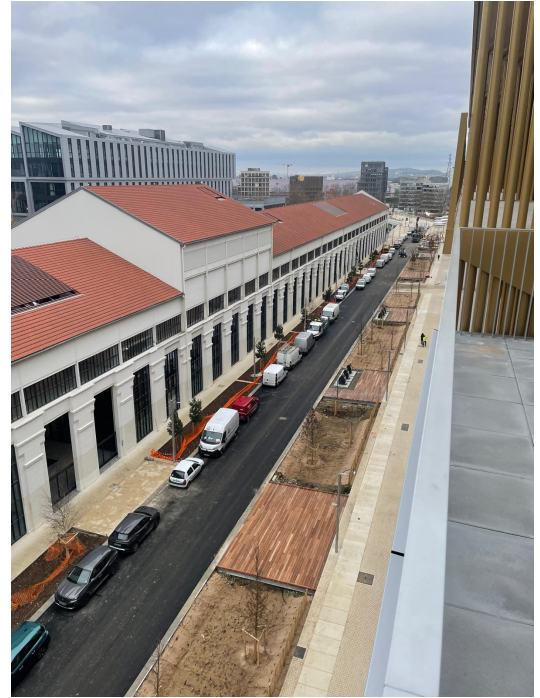
- **Distance to Competition Venue:** 18 km - 20 to 25 mins Drive
- **Hotel Overview & Amenities:**
 - Double Occupancy (2 beds per room)
 - Bathtub in each room
 - Equipped with a small bar fridge, kettle & coffee maker
 - Gym onsite for guest use
 - Wi-Fi access
 - All meals will be served onsite
 - Bikes available for guest use
 - Short walk to cafes and shops
 - Dedicated space for athlete lounge and treatment
 - Laundry – mixture of onsite and off-site options





Paris 2024 Updates: Led by Gabby Faoro

Paris 2024: Paralympic Village

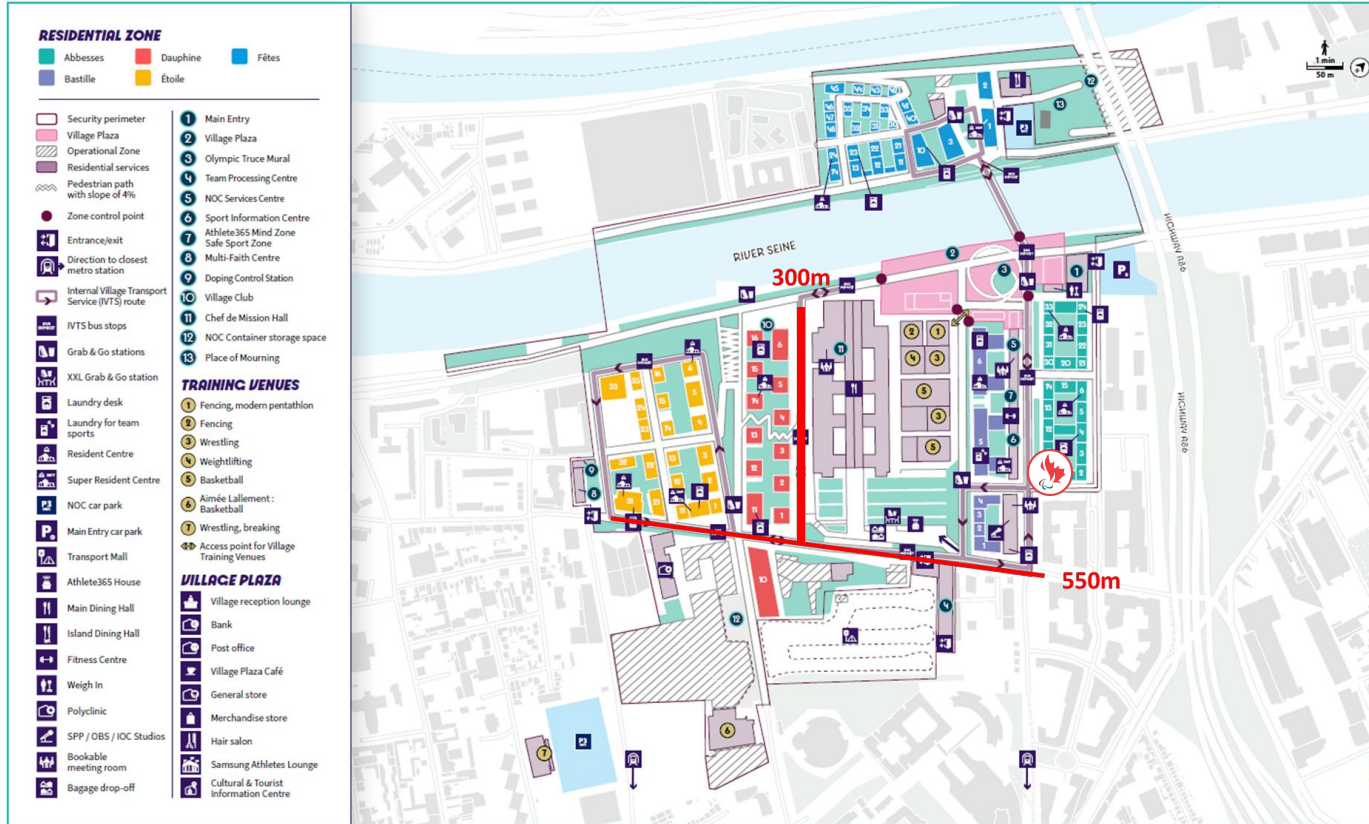




Paris 2024: Paralympic Village

- Apartment Style Rooms
- Apartments will range in the number of bedrooms per unit but can include:
 - 2 Rooms (4 People)
 - 3 Rooms (6 People)
 - 4 Rooms (8 People)
- All rooms will be double occupancy
- Room Amenities include:
 - Cardbox Beds with Paris 2024 duvet - similar bed to Tokyo
 - Fan
 - Blackout Blinds
 - Wardrobe, with hangers
 - Drying Rack
 - Nightstand with lockable drawer
 - Bed Lamp
 - Laundry Bags
 - Adaptor Extension Cord
 - Mini Fridge (select rooms)
 - Communal Furniture in Shared Space (Bean Bag Chair, Sofas, Coffee Table, Waste Basket)

Paris 2024: Paralympic Village Layout



Village Amenities

- Dining Area
- Gym
- Sport Technical Area
- Laundry Service
- Transportation Mall
- Grab & Go Stations
- Ice Machine/Freezer
- Village Shuttle
- International Zone or Village Plaza
 - Athlete Lounge
 - Otterbox Repair Centre
 - Athletes Lounge
 - Hair Salon
 - Post Office
 - Bank
 - General Store
 - Merchandise Store



Village - Questions?





Trials 2024: NTU Office Hours

- During the 2024 Bell Olympic and Paralympic Trials in Montreal, the National Teams Unit (NTU) will be hosting office hours from June 27-30, 2024. During these office hours, the following will take place:
 - Headshots
 - Nike Team Outfitting
 - Review of Travel Plans
 - Review of Pre-Games Requirements
- It is expected that all CAPP athletes and any athletes who qualify for selection, to come to NTU offices to complete all these items. Please ensure you adjust travel/Trials plans accordingly to give yourself time to go through the NTU office.

**Thursday, May 9, 2024: 2024 Bell Trials Webinar - will review Para Guidelines & Nomination Process. Email to be sent out with further details.*



Athlete Travel & Planning Survey

Tomorrow AC will launch the **2024 Paris 2024 Paralympic Games Travel Information Survey**

- Outline your plans for holding camp
- Outline plans for your Personal Coach (if applicable)
- Travel plans (i.e., Departure and Return Airports)
- Roommate Requests

Provides AC with information to assist in the planning of the holding camp and Paris.

- Will be sent to all athletes on the Paris Long List

Deadline to submit responses is Friday, May 24, 2024.



PARIS 2024



**IST Planning:
Led by Sue Lott**



Key Considerations: Therapy

Barcelona Holding Camp - Therapy Overview

- Physiotherapy, chiropractic and massage therapy services available
- Google docs will be used to make appointments
- Schedule is created when staff coaches inform IST of training times. Please ensure you forward your training schedule to your staff coach
- Trackside available in Barcelona (first come, first serve)



Key Considerations: Therapy

Paris - Therapy Overview

- Duty sheet for therapists' schedules
- During the Games priority treatment will be given
 - Top 4 athletes will have priority
 - Athletes competing same day
 - Athletes preparing for finals
 - Injury management
- Post competition return to Village on first bus .
- Recovery Hub in Village – Game ready, normatec, recovery ice baths , stretch mat, foam rollers. Think about bringing your own



Key Considerations: Recovery Plans

1. How are you doing this now in preparation for Paris?
2. How can we help facilitate your plan?
 - Hydration
 - Nutrition
 - Cold Tubs
 - Therapy
 - Game Ready/Normatec
 - Sleep and Rest

Individual IST Plans: Do you have yours?

Individual plan –

Olympic Games Itinerary



30th Jul – 5,000m heat

Pre – Cooling ice vest collect at 6pm, 60 mins before race, wear for 20 mins during warm up

Plastic bottle with ice water to take to start line

Race time – 7pm

Post - Cooling (within 30 mins of race finish)

Ice towels, cooling vest + nutrition

Short cool down?

Leave track for village within 60 mins

Compression socks on the bus?

Cold shower on return to apartment

Treatment? + Food

4th Aug

Recovery nutrition

Run on feel

Cold shower on return to apartment

Compression socks

Treatment?

31st Jul

Recovery nutrition

Short/easy run?

Cold shower on return to apartment

Compression socks?

Treatment?

1st Aug

Recovery nutrition

Race prep

Cold shower on return to apartment

5th Aug

Recovery nutrition

Run on feel

Cold shower on return to apartment

Treatment?

2nd Aug – 5,000m final

Pre – Cooling ice vest collect at 8:40pm, 60 mins before race, wear for 20 mins during warm up

Plastic bottle with ice water to take to start line

Race time – 9:40pm

Post - Cooling (within 30 mins of race finish)

Ice towels, cooling vest + nutrition

Short cool down?

Leave track for village within 60 mins

Compression socks on the bus?

Cold shower on return to apartment

Treatment? + Food

6th Aug

Recovery nutrition

Race Prep

Cold shower on return to apartment

Treatment?

3rd Aug

Recovery nutrition

Short/easy run?

Cold shower on return to apartment

Compression socks

Treatment?

7th Aug – 10,000m final

Pre - Cooling ice vest collect at 6:45pm, 60 mins before race, wear for 20 mins during warm up, Plastic bottle with ice water to take to start line

Race time – 7:45pm

Post - Cooling (within 30 mins of race finish)

Ice towels, cooling vest + nutrition, Short cool down?

Leave track for village within 60 mins

Compression socks on the bus? Cold shower on return to apartment, Treatment, Food



IST Support Team - Key Contacts

AC Key Contact	Role	Email
Ali Nagata	SSSMI Lead	alison.nagata@athletics.ca
Dr. Paddy McCluskey	Chief Medical Officer	pmclluskey@csipacific.ca
Dr. Kim Coros	Paralympic Team Doctor	kcoros@csiontario.ca
Sue Lott	Lead Therapist (West Hub)	Sue.Lott@athletics.ca
Penny Werthner	Mental Performance Consultant	pwerthner@rogers.com
Jessalyn O'Donnell	Dietitian	jodonnell@csipacific.ca
Ollie Armstrong	Physiologist	oarmstrong@csiontario.ca



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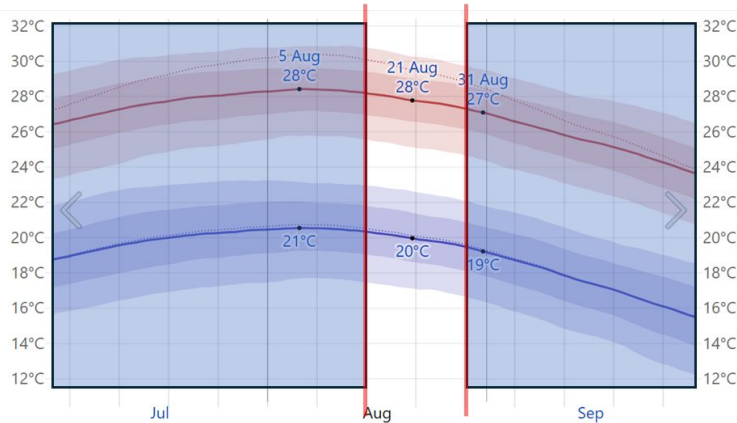


Heat & Acclimatization: Led by Ollie Armstrong

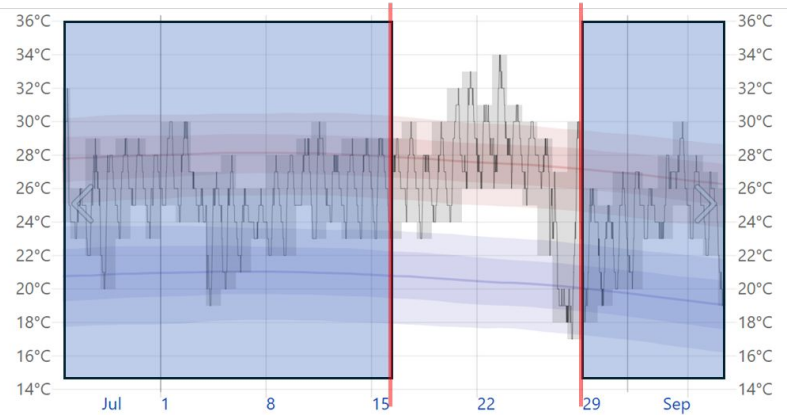
Heat & Acclimatization: Barcelona Climate

Athletics ~ August 30th – September 7th

Average High and Low Temperature in late August in Barcelona



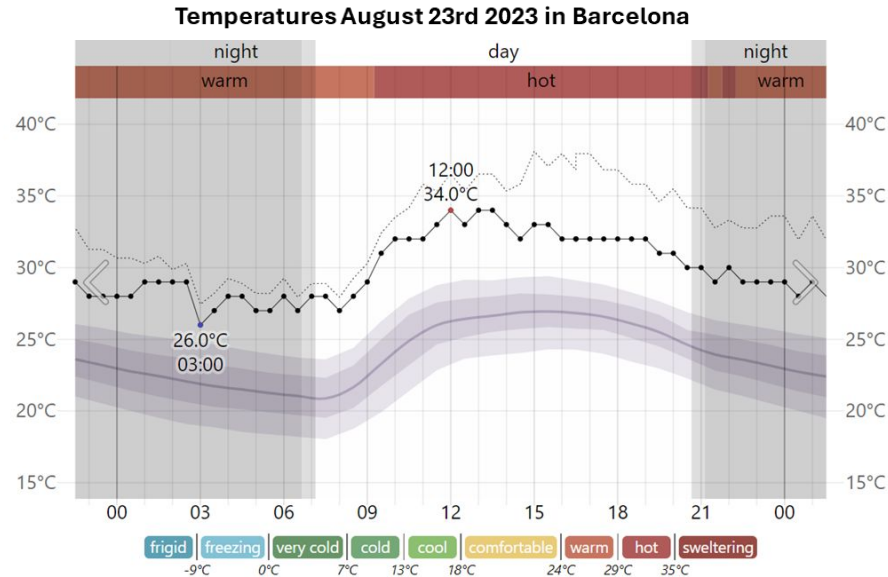
Barcelona Temperature August 2023



Temperatures will range from 25 to 31C with the average humidity 69% for a “feels like” (HUMIDEX) of ~31 to 42C on most days

Heat & Acclimatization: Barcelona Climate

Athletics ~ August 30th – September 7th

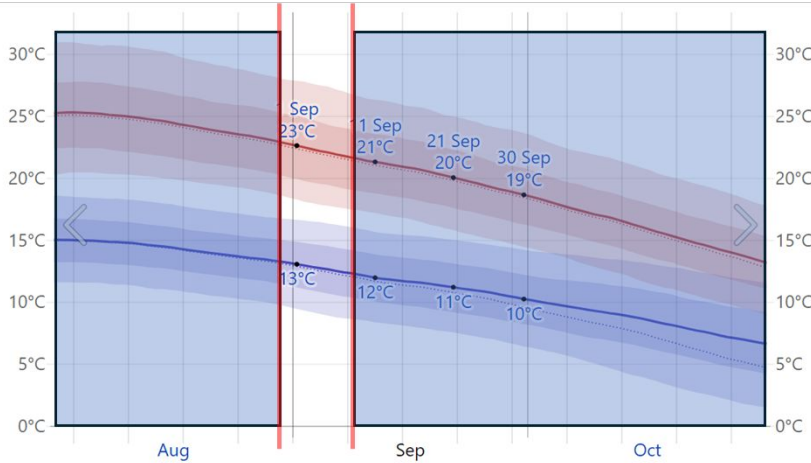


Temperatures can reach 32C by 10am and continue to rise into the afternoon

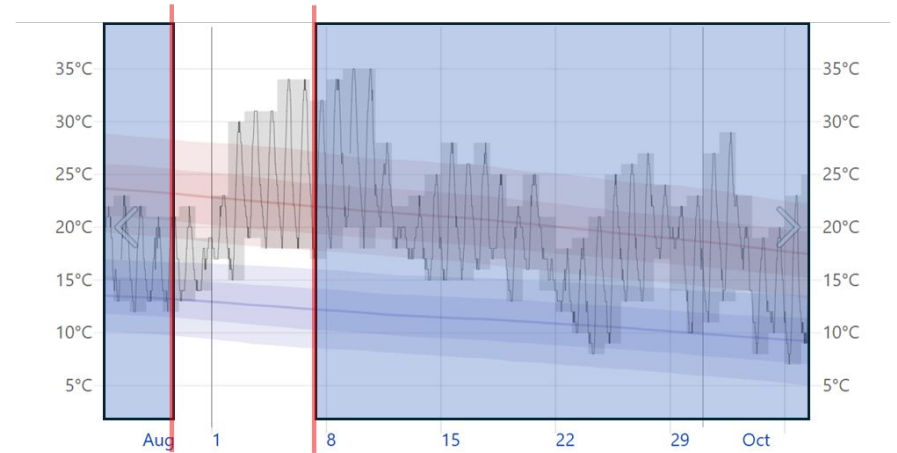
Heat & Acclimatization: Paris Climate

Athletics ~ August 30th – September 7th

Average High and Low Temperature in early September in Paris



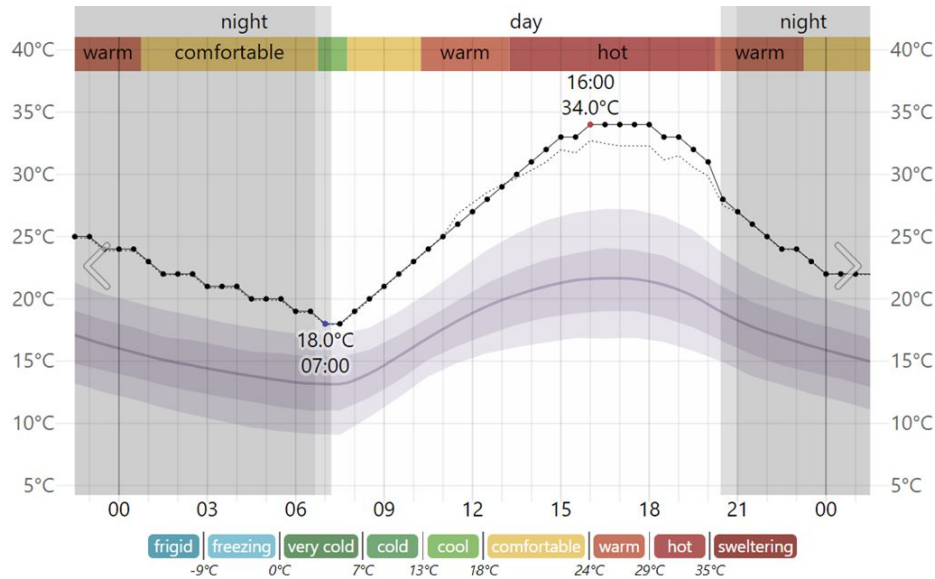
Paris Temperature September 2023



Temperatures will range from 18 to 28C with the average humidity 72% for a “feels like” (HUMIDEX) of ~21 to 37C on most days

Heat & Acclimatization: Paris Climate

Athletics ~ August 30th – September 7th



Temperatures fall during the evening in Paris.

Temperatures can reach 27C by 12pm and continue to rise into the afternoon

Heat & Acclimatization: Heat Waves

Athletics ~ August 30th – September 7th



Heat waves have been an occurring pattern in Europe across the past few year

**Paris typically cooler than much of central and southern Europe.
NEED TO BE PREPARED**

Heat & Acclimatization: Heat - What is it?

- Core body temperature is around 37°C
- Muscle temperature is approx. 35°C
- Skin temperature is approx. 31°C



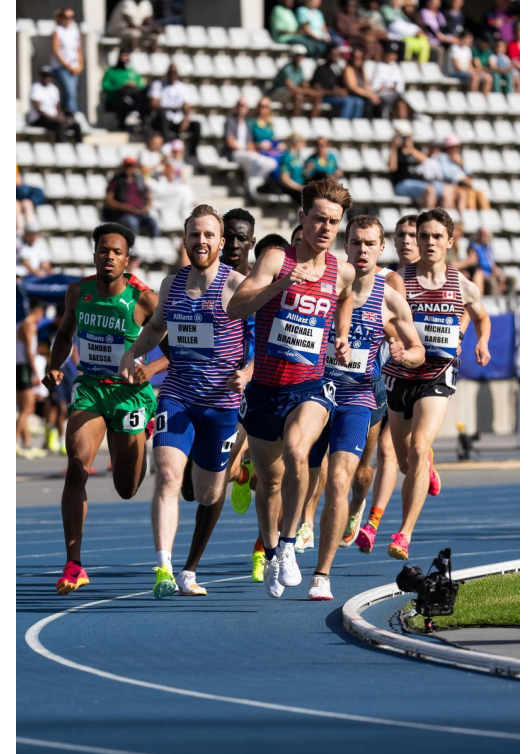


Heat & Acclimatization: Heat - What is it?

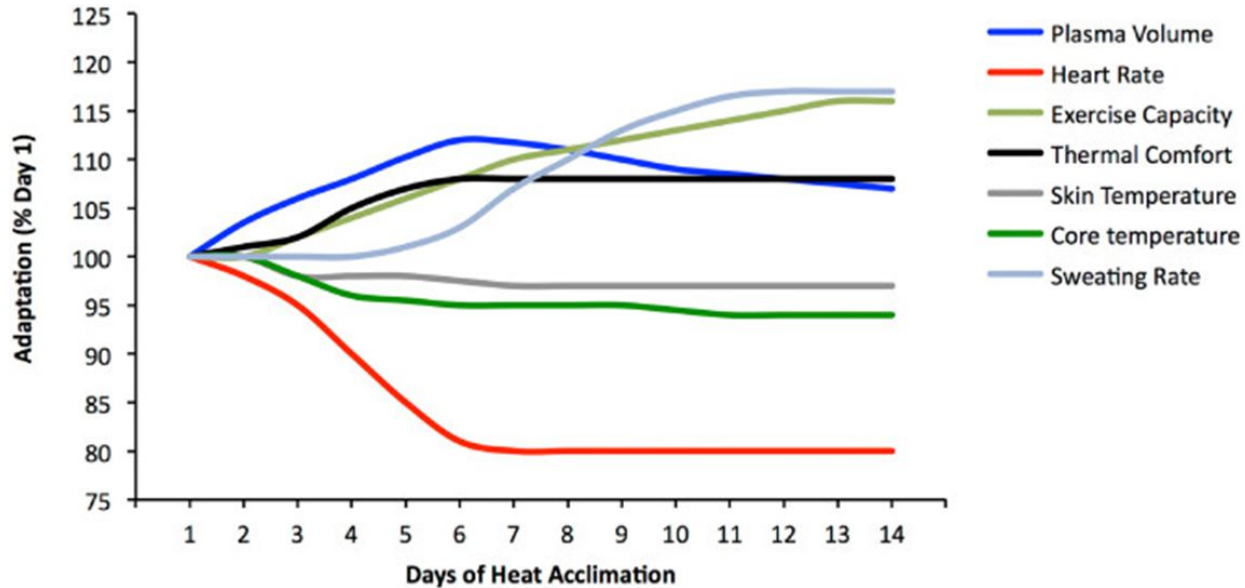
- As temperatures increase our body works harder to keep itself in homeostasis (stability)
- When we train/compete, muscle contractions produce heat (a lot of heat)
- Our body is now working double time to regulate core temperature
- This is further impacted if humidity is high
- Sweating is our primary and most effective way of dissipating heat

Heat & Acclimatization: Heat Adaptations

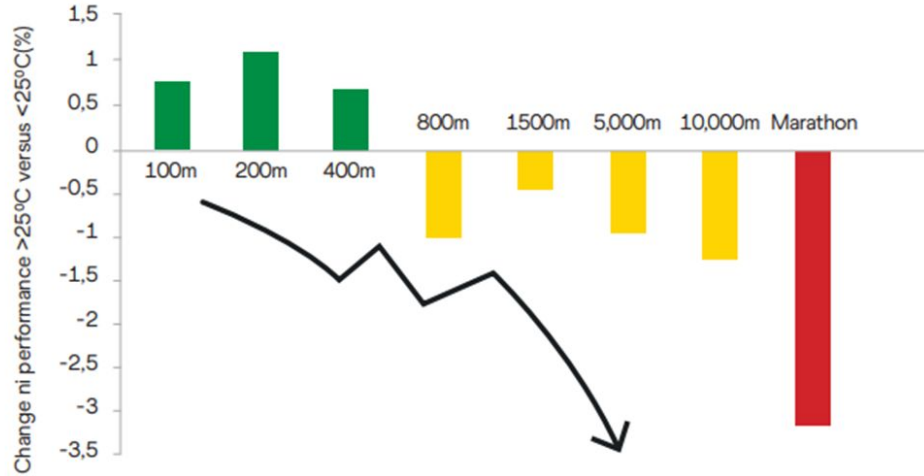
- Training in heat which increases core body temperature and skin temperature
- This will increase sweating rates to dissipate heat and control core body temperature
- Speed up the onset of sweating so our body works to combat the heat stress quicker
- Increase in plasma volume to support dissipating heat
- Thermal comfort improves
- Training capacity increases as a result of all of these
- We can compete better!



Heat & Acclimatization: Heat Acclimatization Time Course



Heat & Acclimatization: Heat During Competition





Heat & Acclimatization: Key Heat Performance Strategies

- A well-monitored 10-14 day heat-acclimation camp prior to Paris will maximize heat acclimation and performance outcomes
- And minimizing potential heat health issues
- Implement heat mitigating strategies, e.g. **Pre-cooling** (ice vest, etc), **During-Cooling** (if possible, during long races or during field events), **Post-Cooling** (ice vests, cold tubs)
- Current data suggests **NOT** to simultaneously undertake heat and altitude, but instead undertake them sequentially



Heat & Acclimatization: IAAF Points Scoring For Heat Acclimation

2 weeks of heat acclimatisation/acclimation	+4 points
1 week of heat acclimatisation/acclimation	+3 points
Coming from a warm country	+3 points
Hydration plan	+2 points
Pre-cooling	+1 point
Per (during)-cooling	+1 point
Clothing limiting sweat evaporation	-1 point
Previous history of heat illness	-1 point

Score at least 5 points on the above list!



Friends & Family Update: Led by Fannie Smith



Friends & Family

How do we

keep the

focus on

the athletes and
their performance?



Friends & Family: Appointing a Lead

Ideally, each athlete appoints “one” point person in their family and friends' group that will be the “spokesperson” for the group to coordinate the group.



Albeit not essential, in some cases it is beneficial for the athlete (i.e., one person already has five coaches, four family and various friends all asking for two tickets J)... To reduce individuals going back to the athlete and distracting them – having “one” primary spokesperson could alleviate the interference



Friends & Family: Petro Canada Ticketing Program

- Petro Canada will offer two tickets for every event that a Canadian athlete competes in. Tickets will be electronically 'transmitted' to one designated contact
- The CPC has launched a webpage and newsletter for Friends & Family updates:
 - <https://paralympic.ca/family-and-friends>
 - [CPC Family & Friends Newsletter Sign Up](#)
- No current information on the location of the F&F tickets. Recommend that larger groups that want to sit together purchase through Official Paris 2024 Ticketing Website. and not wait to find out where the Petro Canada tickets will be





Friends & Family: Celebrations

- There will be four dedicated events at the Canadian Cultural Centre (at the Canadian Embassy) on the evenings of:
 - August 31
 - September 3
 - September 6
 - September 7
- All F&F will need to register in advance to access the Embassy and these celebrations. More information on how to come from CPC.



Friends & Family: Contact Information & Logistics

- Friends and Family members are encouraged to join the Whatsapp group:
 - <https://chat.whatsapp.com/IBpNygM1Sm40JuGzFjwGil>
- Fannie Smith
 - fannie.smith@athletics.ca
 - 236-334-3151
- Any questions regarding travel, accommodation etc. can be directed towards me. We don't have any special rates, access or inside information but happy to help guide them!
- Friends and Family can meet me and ask their burning questions tomorrow night
 - <https://us02web.zoom.us/meeting/register/tZYtdeqtqjwvG9cNcha20M4XMI-jUM8qI6Qb#/registration>



Questions?