



BRITISH ROWING

Stay Healthy, Stay Happy

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BRITISH ROWING
LOCKDOWN WEBINARS



IN ASSOCIATION WITH

THE POWER TO KNOW.

General Hygiene

- **Waterborne diseases**
 - **Weil's Disease - Leptospirosis**
 - From the urine of rats
 - Transmitted via contaminated water contact
 - to open cuts
 - Blisters
 - Abrasions
 - Mucous membranes
 - Flu like symptoms with no obvious cause should be reported to a Doctor: tell them that you have contact with river water and are worried about Weil's Disease.



Gastro-intestinal illnesses

- **Cryptosporidiosis**
 - tends to come from either sewage or dead animals - it's more common in streams where cows or sheep may have urinated
- **Escherichia Coli - E-Coli**
 - Normally associated with food poisoning, E.coli bacteria can also be picked up from streams and rivers containing sewage - e.g. after flooding
- **Hepatitis A**
 - Caused by a virus present in faeces - can be contracted from water contaminated with sewage - e.g. after flooding

If you are cleaning up after a flood at home or at your club please make sure you wear rubber gloves.

Do not eat or drink anything until you are sure your hands are clean.

Rowing Hands / Blisters

First session of the winter 1



First session of the winter 2



HP woman – Autumn training



Start athlete – Autumn Training



Training camp hands



Training camp hands



Training camp hands



Erging without socks and shoes

Rowing Hands

Photo credit @PeteReed – The hands are Matt Rossiter's on the Silvretta Camp 2018.



Arctic hands – Alex Gregory



Rowing Hands.....

Changes

- in grip
- atmospheric conditions
- outing duration
- handle pressure

Poor technique

All cause blisters.

Daily attention and care has to be standard. You only have one pair, look after them

Track bites and other injuries



Infected track bite requiring a two week course of antibiotics after it became an abscess.



Sculler's Knuckle - mild case

Sepsis

Warning signs:

- **Fever and chills**
- **Very low body temperature**
- **Peeing less than normal**
- **Rapid pulse**
- **Rapid breathing**
- **Nausea and vomiting**
- **Diarrhoea**
- **Patches of discoloured skin**
- **Redness and swelling**

A Sepsis timeline - female rower summer 2018

About 5 days after initial infection



Days 7 - 8 admitted to hospital - IV antibiotics



A Sepsis timeline - female rower summer 2018

Splint applied in hospital - Honey used under the dressings to heal the wound



Gradual improvement with each visit to outpatients to get dressings changed



A Sepsis timeline - female rower summer 2018

Wearing a silicone bandage at night to help reduce the scar tissue and healing

Still has a lot of scar tissue on finger - and can still feel the tendon on the side - has started rowing again and has been to a rowing camp in Europe



Cleaning your training and rowing equipment

- **Oar handles**

- Should be kept clean and free from blood and tissue from raw blisters etc. - scrub/wash them down after every use.
- Cuts, blisters, and abrasions should be kept clean and covered if at all possible whilst on the water.

- **Boats**

- Keep cockpits clean and clear of mud and other matter
- Clean slides and end of slides
- Check shoes - always wear socks in shoes

- **Ergos**

- Clean down with anti-bacterial spray before and after each use - slides, seats, monitors, handles.

- **Weights mats and benches**

- Clean them down with anti-bacterial spray - use your own training towel to avoid leaving your sweat patches for others.



Keep boats clean, inside and out. Partial return to rowing during lockdown. Oar handles cleaned too.



Water bottles

- Athletes should always have a bottle of **clean** water with them whilst doing any sort of training.
- Water bottles should **NEVER** be shared.
- Bottle tops to cover nipples and keep dirt out
 - Bottles must be kept clean



Impetigo



Cold sores

Water Bottles

Water bottles with caps



Water bottles with nipples ❌



Water bottle hygiene important.

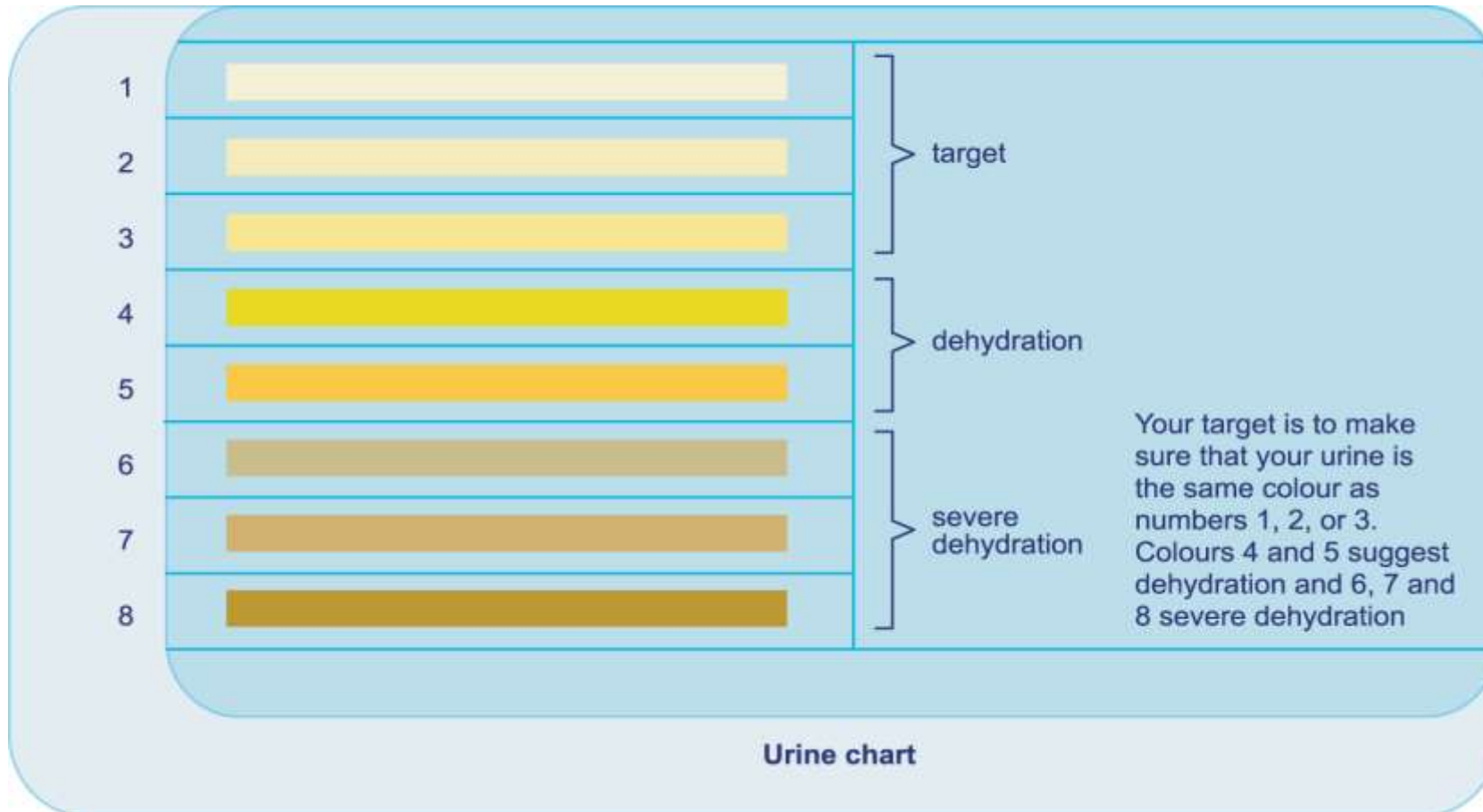


Effects of dehydration

body weight lost as sweat	Physiological effect
2%	Impaired performance
4%	Capacity for muscular work declines
5%	Heat exhaustion
7%	Hallucinations
10%	Circulatory collapse and heat stroke

2% of body weight approximates to 1.4 L of fluid for a 70 kg man

Identifying hydration states



General Hygiene

KIT/CLOTHING

- Athletes should always have a set of clean dry kit with them to change into for a second outing and/or in case they fall in - Also a towel.
- Dirty kit can cause fungal infections of the skin in hot and sweaty areas - groin (crotch rot), feet (athlete's foot) and elsewhere.
- Clean kit lasts longer - sweat rots fabric.
- Do not share your kit unless it is clean - always wash borrowed kit before returning.



CROTCH ROT

- More commonly seen in Rugby clubs where shared baths are often used.
- Damp dirty kit also a factor. Remove from kit bag after each session. Keep kit clean.



ATHLETE'S FOOT

- Wear socks in club boats.
- Use Flip Flops in the shower and changing room.
- Make sure they are dried out between each use.
- Don't share. Dry yourself properly.
- Keep your towels clean and dry. Remove from kit bag when you get home.



Injury prevention

- **It is better to prevent an injury occurring in the first place:**
 - **Warm-up and cool-down will help to prevent muscle strains and pulls**
 - **DO NOT leave the warm-up out of your routine however short of time you are**
 - **Good technique will reduce the risk of injury**
- **Following a well structured training programme will reduce the risk of overuse injuries**
 - **Core and flexibility work is essential -not an 'added extra'.**
 - **Adding their own 'extra' training on top of the prescribed training is not productive and lays athletes open to injury and ill health - athletes should talk to coaches about any extras they want to do.**

Common rowing injuries

- **Most rowing injuries are caused by overuse and/or bad technique**
- **Common rowing injuries are:**
 - **Tenosynovitis of the wrist**
 - **Sculler's knuckle**
 - **Track Bites**
 - **Rib stress fractures**
 - **Low back pain**
 - **Iliotibial band (ITB) pain**
 - **Knee pain (patellofemoral)**

Injury advice

- Pain is an indicator that something is **WRONG**
- Do not to ignore it
- Seek advice from your coach or
 - Get advice from a Physiotherapist or Doctor
- Initial treatment
 - **STOP** performing the activity that causes the pain until the problem has been identified and a course of action has been decided.
 - Carrying on and hoping it will go away does not usually work, and can make the injury much worse.

Monitoring Recovery/ Health & Well-being

- **Objective Markers**

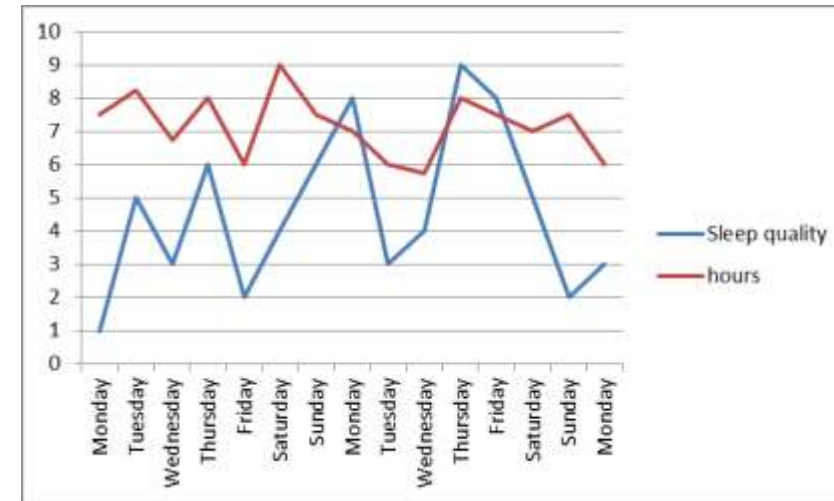
- Waking heart rate
- Resting heart rate
- Hydration status
 - Pre-post training weight
- Body weight - weekly

- **Subjective Markers**

- Sleep (1 - 10 scale &/or hrs slept)
- Mood/Stress levels (1 - 10 scale)

- **All can be recorded in Training Diary**

- **Graph(s) showing ups and downs can be a useful indicator**

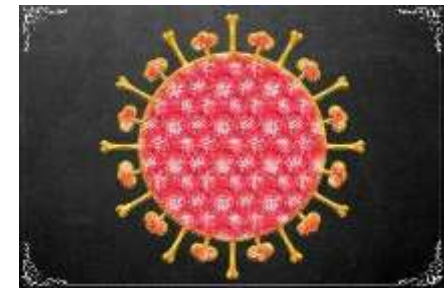


Respiratory Problems

- **Strenuous training can reduce the immune system response**
 - Athletes can be more likely to pick-up colds, infections etc. - particularly upper respiratory tract infections
- **Asthma**
 - **Can be exacerbated by**
 - Dirty, dusty training rooms, weights rooms, mouldy showers, dirty changing rooms
 - Cold air
 - High pollen counts
 - **Exercise induced asthma - common - check that athletes who need them always have their inhalers with them and that they know how to use them properly and that it is in date**



Coughs, Colds & Flu - and now **COVID-19**



- **Commonly transmitted through the**
 - Eyes, Mouth, Nose, Respiratory passages
- **Viruses easily transferred by touch or contact with airborne particles - coughing and sneezing.**
- **Avoidance is best policy - but very difficult.**
 - Avoid touching contaminated surfaces or shaking hands with infected individuals - try elbow bump or foot touch
- **Regular and thorough hand washing with SOAP will reduce chances of infection - sing Happy Birthday twice (20 seconds) whilst washing your hands**
- **Avoid touching your hands to your eyes, nose and mouth, especially if you have been in an environment where the virus is rife.**

Colds

- The common cold is a **viral** infection
- Up to 250 strains of virus
 - Most common is the Rhinovirus (rhino - nose)
 - Rhinoviruses estimated to be responsible for between a third and half of all common colds
 - Rhinovirus usually invades mucus of the nose and rapidly reproduces causing:
 - Fatigue, sore throat, runny/stuffy nose, sneezing, mildly swollen glands
 - Acute symptoms last between 4 & 7 days.
 - Common cold viruses target nose and upper respiratory tract.



Is it a cold or is it the flu?

- **Colds rarely cause a fever**
- **Colds rarely cause body aches**
- **Cold symptoms usually confined to above the neck**
- **Cold symptoms unlikely to occur suddenly**

Cold	Flu
Appears gradually	Appears quickly within a few hours
Affects mainly your nose and throat	Affects more than just your nose and throat
Makes you feel unwell but you are okay to carry on as normal e.g., go to work	Makes you feel exhausted and too unwell to carry on as normal

<https://www.nhs.uk/conditions/common-cold/>

How to treat a cold

To help you get better faster:

- Rest and sleep
- Keep warm
- Drink plenty of water (fruit juice or squash mixed with water is fine) to avoid dehydration
- Gargle with salt water to soothe a sore throat
- Wash hands with soap and warm water
- Don't share towels and other household items with someone who has a cold or the flu
- Don't touch your eyes and nose in case you have come into contact with a cold virus
- Stay away from your club until you are better. Don't be generous and 'share it' with your squad and crew mates



Influenza (flu)

- Also a **viral** infection - new strains every year
- New vaccine(s) every year
- Much more serious virus strains causes it
- Infects upper and/or lower respiratory passages
- Symptoms include:
 - Headache, fever, muscular pain (myalgia), weakness
 - Additional symptoms may be:
 - Joint pain, sensitivity to light, nausea, vomiting.
- The flu vaccine helps to **'prevent'** the flu - but not colds
- Colds are not caused by the flu vaccine
- No vaccine for COVID19 as yet

- **Wash hands with soap and warm water**
- **Don't share towels and other household items with someone who has a cold or the flu**
- **Don't touch your eyes and nose in case you have come into contact with a cold virus**
- **Stay away from your club until you are better. Don't be generous and 'share it' with your squad and crew mates**

What to do to prevent a cold

- Ensure adequate rest between sessions
- A well balanced training programme that does leave athlete overtired - take account of work/life/rowing balance
- Reducing physiological stress
- Reducing psychological stress
- Ensure an adequate diet
 - Evidence that low blood glucose and depleted muscle glycogen causes immunosuppression response.
 - Maintaining blood glucose levels during exercise by consumption of a carbohydrate drink can reduce the immunosuppression often seen after prolonged or hard exercise.
- **Washing hands with soap and warm water**
- **Not sharing towels and other household items with someone who has a cold**
- **Not touching your eyes and nose in case you have come into contact with a cold virus**

What to do if you become ill

Symptoms mostly above the neck

- **Dry sore throat**
- **Nasal congestion**
- **Runny nose**
- **Sneezing**
- **Slightly swollen glands**



- **Lifestyle rest**
- **Light exercise 5 - 7 days (@ <60% max HR)**
- **Until symptoms completely gone**
- **Build training over 3 days**
- **Full training on 4th day**

Ref: Avoiding Winter Illness – Budget R, Whyte, G. Olympic Medical Institute

What to do if you become ill

Symptoms mostly below the neck

- **Significant rise in resting HR (+20%)**
- **Significantly swollen glands**
- **Productive cough**
- **General aches**
- **Fever**
- **Fatigue**



- **Consult Doctor**
- **Lifestyle rest**
 - Complete rest 3 – 7 days
 - Until major symptoms resolved
- **Lifestyle rest**
 - Light exercises 5 – 7 days (@<60% max HR)
- **Symptoms completely resolved**
 - Build training over 3 days
 - Full training on 4th day

COVID19 a new Corona Virus

The main symptoms of COVID19 are:

high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least one of these symptoms.

Call 111 – they will tell you what to do and help you get a test if you need one.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

Mental Health and Wellbeing

5 ways to look after and build positive mental health for yourself and your athletes

1. **Talk to others – don't be afraid to tell people about the problems you are experiencing**
2. **Learn to problem solve; think**
 - a. What is the worst thing that can happen?
 - b. What is the most likely thing to happen?
 - c. What is the best thing that can happen?
3. **Exercise regularly**
 - a. this particularly applies to coaches who often forget to look after themselves.
 - b. Exercise is a great way to reduce depression and anxiety and gives you 'you time'.
4. **Learn some relaxation techniques – these can help relieve tension**
 - a) Breathing techniques
 - b) Meditation
 - c) Yoga
5. **Challenge your negative thoughts.**
 - a. Write down some of your negative thoughts and then write down some more positive thoughts next to them.

Learn about Mental Health for Sport

Learn to help yourself and support those experiencing mental health problems

Free course from **UK Coaching** until **31.08.2020**

<https://www.ukcoaching.org/courses/learn-at-home/mental-health-awareness-for-sport-and-physical-act>

Not just in hospitals...



Now also COVID19

Summary

- Personal hygiene will help to keep your athlete(s) healthy - get them to make hand washing and use of anti-bacterial sprays on ergos etc. a habit
- Athletes who are ill (e.g. flu) should **stay away from the club** - minimize risk of infection and increase their speed of recovery.
- Look after yourself and your family and friends
- If you are ill with symptoms other than COVID19 and need to see your Doctor please call your GP surgery, they will not turn you away

WASH YOUR HANDS



References

- **Avoiding Winter Illness - Budget R, Whyte, G. Olympic Medical Institute**
- **Row Safe;**
- **The HSE;**
- **Wikipedia;**
- **Health Protection Agency (HPA)**
- **Lucozade**
- **National Health Service**
- **<http://www.stopsportsinjuries.org/rowing-injury-prevention.aspx#prevention>**
- **American Orthopaedic Society for Sports Medicine**
- **<https://www.sepsis.org>**
- **<https://sepsistrust.org>**
- **<https://www.nhs.uk/conditions/common-cold/>**
- **<https://www.ukcoaching.org/resources/topics/expert-opinions/mental-health>**
- **<http://www.waltonrowingclub.co.uk/avoiding-and-treating-blisters-2/>**