

## TEAM CANADA MEDICAL SERVICES INFORMATION SHEET

**July 2009**

**Tatiana Jevremovic**  
**Chief Medical Officer**

**Andrea Prieur**  
**Chief Therapist**

There will be 5 physicians, 7 therapists, 1 massage therapist, and 1 clinic manager traveling to Serbia as part of the core medical staff for the Canadian delegation. Additional general medical care will be provided by the organizing committee using a polyclinic located in the village, as well as local hospitals.

These services will be provided free of charge, and the emergency medical services provided at venues during official training and competition comply with International Federation regulations.

It is recommended that you are up to date with the following vaccinations: DPT, MMR, Hep A/B, and typhoid. Dukoral is recommended to prevent traveler's diarrhea. There have been reports of increased cases of rabies in animals within urban areas of Belgrade. Please abstain from interacting with any animal you may encounter. If you get bit, please make sure you seek immediate care with the Canadian Medical Team. Please provide information about any medical conditions and medications that you are taking in the medical information declaration form.

H1N1 influenza A: the latest update from the World Health Organization indicates that outside of Mexico, the H1N1 influenza A is behaving like the many other strains of influenza that exist. Unfortunately, the flu vaccine given last fall does not cover this strain. There is no vaccine available yet. The recommendations for prevention are the same as for all viral illnesses: good hand-washing, covering your mouth when coughing or sneezing, no sharing of bottles, utensils, or hygienic products, and avoiding close contact with sick individuals. If you start displaying flu-like symptoms prior to your travel to Serbia, please see your family doctor, and notify the CMO. If you start displaying flu-like symptoms during the FISU games, please see the Canadian Medical Team.

There will be a 6-hour time difference between Canada and Serbia. If you are flying overnight, please make sure you try and sleep on the plane. Bring a book to read or soft music to listen. Try not to watch the movie. Sleeping on the plane will help you minimize the effect of jet lag.

It will be WARM in Serbia with the average high: +27°C and average low: +16°C. In Belgrade, the average temperature is: +21°C. Please remember to bring light colored breathable clothes, hats, sunglasses, and plenty of sunscreen. While you are in Serbia, please make sure you hydrate well. If you can, bring some Gatorade or Powerade powder to add to your bottled water for electrolyte replenishment. As per the organizing committee, the tap water is deemed safe to drink. However, we recommend you drink

bottled water only. The tap water can be used to brush your teeth. Although we have not been given specific details, since Belgrade is an urban centre, air quality may be an issue.

Meals will be provided in western tastes and standards with some local dishes as well. Unfortunately, there may not be vegetarian-only meals. Moreover, there will not be labels outlining the ingredients within the different meals. It is important that you are aware of your personal tastes/preferences, and allergy issues, and that you plan for any dietary restrictions you may have. You should bring personal water bottles and preferred foods/snacks from home (i.e. peanut butter, trailmix...). The general rule is: IF YOU CAN'T PEEL IT, BOIL IT, OR COOK IT... FORGET IT!

You will be sharing rooms and may have multiple room mates, different schedules, light issues (i.e. night lights etc.), noise (i.e. snoring), and times (i.e. sleep time, wake time). Be prepared to accommodate other athletes/participants' needs.

In regards to illness and injury, athletes should NOT be coming to the games injured. Please make sure you see your physician for clearance to play before traveling to Serbia. The medical team will treat any illness and injury that occurs during the games appropriately and expeditiously. Our mandate is to keep Team Canada healthy. Please update the CMO of any change in your health status. Any signs or symptoms of injury or illness should be discussed with a medical team member. Legally, medical services can only be provided as 'advanced first aid', and to accredited Team Canada members only. WE ARE NOT ABLE TO TREAT FAMILY, MEDIA, JUDGES, CANADIAN EX-PATS...

The medical clinic is located within the team accommodations. The hours of operation are: 8 AM to 10 PM daily. The following services will be provided: MD, Physiotherapy/Athletic Therapy, Therapeutic massage, Acupuncture and pharmacy. Please bring your medications from home in sufficient amount to last you through your trip in Serbia. If you run out, the medical clinic will try to assist you. However, we will have a limited supply of medications for the Games and may have to ration. A MD will be on-call nightly FOR EMERGENCIES ONLY (by telephone and examination if necessary).

A full service medical services centre will be available in the mixed zone of the Athletes' Village. These services include a: Pharmacy (American standards/drugs), Specialty services referral (provided by local physicians recruited by the organizing committee), Laboratory: ECG, U/S, defibrillator, blood/urine analyzer, Imaging services (at the hospital), Observation bays. It is open 24/7.

Doping testing will start as of June 24<sup>th</sup> and will end on July 14<sup>th</sup> 2009. Upon team arrival, all athletes will be required to meet with our medical staff. There will be a medication review, and signing of a medical declaration. FISU respects the WADA code. All athletes MUST register any restricted medication with CCES (Canadian Centre for Ethics in Sport) and their IF (International Federation) and MUST bring the original TUEs (Therapeutic Use Exemption forms) and certificates from both organizations with

them to Serbia. There will be random drug testing during the Games, as well as testing of all medal winners and record setters.

Sample testing will be conducted at a WADA accredited laboratory and will have a 48-hour result turn-around.

I look forward to meeting everyone in Serbia!

Sincerely,

A handwritten signature in blue ink that reads "T. Jevremovic". The signature is written in a cursive style with a large, stylized initial "T".

Dr. Tatiana Jevremovic

Chief Medical Officer, Team Canada, Belgrade, Serbia2009