



DeaflympicsGB

Medical Information & Advice

Personal Medical Conditions and Medication

In order to take adequate care of you the DeaflympicsGB Medical Team needs to know any medical conditions you suffer or any medication you take. If you have any general queries regarding your medical condition, medication and anti-doping please contact the Chief Medical Officer and your Team Manager prior to the Games.

Personal Medical Pack for the Journey

If you are an athlete who takes regular medication, please ensure that you pack the following items;

- Ensure you pack all of your regular medications, enough for the whole trip and a little more in case of flight delays or unforeseen circumstances
- Also bring a list of personal medications with you (preferably your prescription)
- If you use inhalers, make sure you bring spares
- If you carry an epipen make sure you bring at least two spares with you

Irrespective whether or not you do have to take regular medication, due to travelling abroad (they may as available in Turkey as they are in the UK) it is highly recommended that you pack the following items in your hand luggage:

- Personal Sanitising Hand Gel
- Compression socks/garments
- Strepsils
- Loperamide (Immodium) 2mg tablets
- Otrivine nasal spray - only Vicks First Defence nasal spray
- Antiseptic Wipes
- Paracetamol 400mg capsules
- Chlorphenamine (Piriton) 4mg tablets

Deaflympics Village Health Centre

The University Hospital inside the Deaflympics Village will be used as a Health Centre due to its proximity to the accommodation zones. Within the scope of the Emergency Services, this place will provide 24-hours nonstop service. In addition, minimum two 24 hours ambulances will be available at the Deaflympics Village.

Medical Services at Sport Venues

Medical Services in Competition and Training Venues: A medical room and medical team consisting of a doctor and medical staff will be present in all the competition venues during the Games. The number of doctor and medical staff will be increased according to the sports. In addition, a total of two ambulances, one for accredited officials and athletes and one for spectators will be available during the competitions. Emergency Instructions and maps showing closest hospitals will be available at all venues.

Fully equipped medical ambulances with medical staff will be available in all competition venues. In addition, this service will be also provided during other mass gathering events and

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social activities. Motorcycle ambulance as well as air and sea ambulances will be available if/when needed.

Medical Services in Opening & Closing Ceremonies

During the Opening and Closing Ceremonies, ten ambulances with a doctor and two medical staff will be available. At the hospital, there will be enough rooms and blood stored in the blood banks for each type of blood. All necessary specialist physicians as well as surgeons will be on duty until state protocols leave the city.

Contingency Plans and Emergency Management

Emergency Managements will be performed in co-ordination with Security Department. In order to respond to any extraordinary situation during the Games, all operations will be performed in co-ordination with the related organisations and agencies. The National Medical Rescue Team (UMKE) will be ready to respond at any moment during the Games.

Health Insurance

First-aid and medical support services will be provided for all accredited officials and athletes free of charge. Ambulance services will also be provided for free during the Games. However, apart from these, all participants will be responsible for their hospital charge and treatment expense. For this reason, it's highly recommended that all participants shall have a private personal health insurance before arriving in Turkey.

General advice about how to avoid getting climate related illness

To prevent climate related illness occurring, please follow the below recommendations while in Samsun;

- Wear a hat and appropriate clothing at all times
- Apply sun cream regularly (minimum SPF 30)
- Stay and take rest periods in the shade where possible
- Avoid unnecessary time out in the heat i.e. shopping or wandering between training sessions due to boredom
- Keep well hydrated (drink bottled water only)
- Use cooling strategies to aid performance in these conditions
- Dip hands / wrists /feet into cooled icy water
- Soak sweat bands in cold water to wear on wrists/head

General advice about how to avoid getting food related illness

To prevent food related illness occurring when eating outside of your accommodation (unpasteurised milk, cheese, ice cream and other dairy products, food from street traders etc), please follow the below recommendations while in Samsun;

- Peel the fruit
- Avoid ice in drinks
- Avoid shellfish and food from street stalls

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Food within your accommodation is deemed as being safe due to the need to meet food and hygiene regulations.

Hand and water related hygiene

- The best way to get rid of the 50,000 bacteria per square inch on the surface of hands is to wash your hands with soap and water!! Do this often especially before meals
- The next best thing is to use alcohol gel regularly, especially before every meal.
- Be considerate to room-mates if they have different needs, and maintain high standard of personal hygiene at all times.
- Use bottled water to brush your teeth
- Report any possible illness or injury asap to a member of the medical team and your team manager