

Mediclinic Medical Advisory

Acute illness is more common at times of peak training and just before races. If you suffer from an illness it will interfere with your exercise performance, but more importantly can also cause serious medical complications during training or a race. We would like to assist you in having a safe race and reducing your risk of medical complications.

Respiratory tract illness or gastrointestinal illness is the most common illness affecting athletes, and is usually caused by viruses (mostly), bacteria or other organisms. Taking part in exercise can cause serious complications. There are very strict guidelines to assist you in preventing complications during exercise when you have symptoms of a respiratory tract illness.

Please take note that, if you have any of the following symptoms of respiratory tract illness or gastrointestinal illness, it is recommended that you do **NOT** take part in exercise:

- Fever
- General muscle pains
- General joint pains
- Chest pain
- Increase in your resting pulse rate
- Shortness of breath - more than usual
- General tiredness (fatigue) - more than usual
- Severe sore throat
- Swollen and painful lymph nodes in your neck
- Vomiting and or diarrhoea

If you have any of these symptoms we suggest that you do NOT train or race, and consult your doctor for further advice and treatment.

If you do not have any of these generalised symptoms and if you do decide to race, we suggest that you see how you feel after about 10 minutes. If you feel unwell we suggest that you stop exercising.

If you are unsure, the Mediclinic and Er24 team will be available at the Swellendam Showgrounds to assist you an hour before the race starts.

We wish you all the best for the Coronation Double Century

The Mediclinic and Er24 team.