



2021 Winter Universiade
Lucerne, Switzerland. December 11-21, 2021

MEDICAL INFORMATION LETTER

Hello Team Canada, including Athletes, Coaches, Support Staff, Team Leaders, and Mission Staff!

On behalf of the Health Care Team, congratulations and welcome to Team Canada as we prepare for the 2021 Winter Universiade. This 11-day winter sport event is scheduled to take place in Lucerne, Switzerland from December 11th to 21st, 2021. The Universiade is a multi-sport event that takes place (usually) every two years in various cities all over the world. It is one of the largest sporting events worldwide, second only in size to the Olympic Games.

Dr. Janet McMordie (Lakehead University/University of Toronto), the Chief Medical Officer (CMO), and Jacques Lavergne the Chief Therapist (CT) will be managing the health care services for the Canadian delegation. Our core medical team includes physician Dr. Erika Persson (University of Alberta), athletic therapist Nadine Smith (Carleton University), athletic therapist Andrea Prieur (York University) and physiotherapist Marie-Claude Saint-Amour. Both men's and women's hockey teams as well as the short track speed skating team will also be bringing dedicated therapists assigned to their teams. Our health care team is very excited to support the Canadian delegation and our athletes, and brings a variety of experience and skill to the group.

The development of the Covid 19 pandemic is also influencing the planning of the Winter Universiade 2021. The Organizing Committee is working closely with the health authorities of Central Switzerland and the leadership of the Health Department of the Canton of Zug in assessing the epidemiological situation and developing corresponding hygiene and safety measures.

Our Health Care Team is responsible for providing medical care limited to "advanced first aid" to all accredited Canadian team members, as well as facilitating the provision of care with local medical services when required. **These services are offered to accredited members of the Canadian team ONLY, and do NOT include unaccredited family members or supporters. Given the decentralized nature of these Games,** we won't have a "Canadian Polyclinic Clinic" as you might have been used to in previous Games. We will be setting up smaller clinics at each Games location from which we can provide care prior to and during these Winter Games. Our daily operating





hours will be determined on site and communicated to each of you, and a physician will be on call nightly for medical emergencies. Local hospitals at each of the accommodation sites will provide 24 hour access to emergency care, including x-ray, lab, and specialty care. Our health care team will be reaching out to each sport to assess the medical needs that you may have, and help provide care based on those needs and staff availability. Each practitioner is responsible for their own actions taken in the provision of care and advice to team members and will report to the Chief Medical Officer.

We also hope to provide each of you with some education and prevention tips to help optimize your health well before your travels to Switzerland.

Below we have included a comprehensive information checklist for you to address before you depart for Switzerland. Athletes should not be coming to the games injured or ill. It is your responsibility to optimize your health before you arrive for the games in Switzerland.

A **“Personal Medical Information Form”** will need to be completed on **GEMS.pro**, which is the medical information system that we are using for the 2021 Universiade. Please complete it truthfully and accurately by the November 1st, 2021 deadline. It will be reviewed by Dr. McMordie or Dr. Persson before you arrive, and then again when they meet with you in Switzerland.

All athletes, staff, and coaches will also be expected to complete an updated **Canadian Centre for Ethics in Sport (CCES) anti-doping online module**. Those who have not previously completed this module will be contacted directly with this online link. It is expected that this also will be completed by the November 1st, 2021 deadline.

We are looking forward to working with you all during the 2021 Winter Universiade! If you have any concerns regarding the Health Care Team for Switzerland, please do not hesitate to contact us.

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Associate Clinical Professor, Department of Family Medicine, University of Toronto
She/Her/Hers
Chief Medical Officer





Lucerne, Switzerland 2021 Universiade Health Checklist

Doping Control & Therapeutic Use Exemption

FISU Games Anti-Doping Checklist

Drug testing will occur at these International University Sports Federation (FISU) Games. As a Canadian 2021 Winter Universiade athlete you are responsible to review the most current anti-doping information and meet any requirements. Follow these steps to get ready for the Games!

Step 1

Do your e-learning

Have you completed your anti-doping course? All athletes going to the FISU games are asked to complete the CCES' online course, True Sport Clean. In this course you will learn about anti-doping rules and your rights and responsibilities.

More on Step 1: [Click this link to go to the CCES website and follow the instructions on the page: http://cces.ca/fisu-elearning](http://cces.ca/fisu-elearning)

Step 2

Check your medications

Are you taking a prescription or over-the-counter medication? Did you know that some are prohibited in sport? Medications can be prohibited in-competition, out-of-competition, or in particular sports. Visit www.globaldro.com to check all of your medications.

More on Step 2 - [Here are a number of ways to find out if your medications are prohibited in sport.](http://cces.ca/checkmeds) [Link here: <http://cces.ca/checkmeds>]

Step 3

Get a Therapeutic Use Exemption

Have you been prescribed a medication that happens to be prohibited in sport to treat an illness, condition or injury? If so, you must apply for a Therapeutic Use Exemption (TUE) no less than 30 days before the Games. Contact the CCES by email (tue-aut@cces.ca) or telephone (1-800-672-7775) to get help with your TUE.

More on Step 3 – [Read all about Therapeutic Use Exemptions](http://cces.ca/therapeutic-use-exemptions) [Link here <http://cces.ca/therapeutic-use-exemptions>]





Step 4

Read up on supplements

Do you use nutritional supplements? Are you taking? Did you know that the supplement industry is subject to very little government regulation? This means that your supplements may intentionally or unintentionally be contaminated with prohibited substances.

More on Step 4 – **Supplements are risky; get the facts!** [link to <http://cces.ca/supplements>]

Step 5

Get help with your questions

Do you have questions about your anti-doping requirements for the FISU Games? Contact the CCES. [link to <http://cces.ca/contact-us>]

A “**Personal Medical Information Form**” will need to be completed on GEMS.pro. Please complete it truthfully and accurately. Please complete it by the **November 1, 2021** deadline. It will be reviewed by the medical staff before you arrive and then again when they meet with you in Switzerland. As well, it is necessary that you keep copies of any correspondence you send to or receive from your IF (especially the TUE certificate) and take them with you to the Games in Switzerland. The safest thing is to have electronic and paper copies of your medical documentation so that it can be available during the Games.

Vaccinations

It is important to visit your doctor or a travel/public health clinic to confirm that your immunizations are up-to-date and to ensure that you have the necessary protection. Be aware, it can often take 4-6 weeks to see these professionals and you should have your immunizations updated at least 4-6 weeks before you depart for Switzerland. NO vaccines will be available on site from the Canadian Health Care Team.

REQUIRED:

Covid-19: all participants must be vaccinated against Covid-19 and must provide a valid Covid-19 vaccine certificate. The following vaccines are recognized in Switzerland:

- **Pfizer/BioNTech** (BNT162b2 / Comirnaty® / Tozinameran)
- **Moderna** (mRNA-1273 / Spikevax / COVID-19 vaccine Moderna)
- **AstraZeneca** (AZD1222 Vaxzevria®), **Covishield™**
- **Janssen / Johnson & Johnson** (Ad26.COV2.S)
- **Sinopharm** / BIBP (SARS-CoV-2 Vaccine (Vero Cell))





- **Sinovac** (CoronaVac)

COVID-19 Mixed Vaccine Doses

Vaccines that are complete according to the recommendations of the country in which they were given are accepted. Thus, if a country's official recommendations allow mixed vaccines, this will be accepted.

RECOMMENDED www.cdc.gov

- Tetanus/Diphtheria/Pertussis: Adequate primary series plus booster within the last 10 years
- Measles/Mumps/Rubella: 2 doses during lifetime, most receive with childhood primary series.
- Annual Flu (Influenza/H1N1) Shot-should be received at least 2 weeks prior to departure
- Hepatitis A & B
- Varicella vaccine (chickenpox)
- Meningococcal disease/Meningitis vaccine (e.g. Menactra)
- Typhoid vaccine (oral within 7 years, intramuscular injection within 3 years)

Environment

- The winter climate in Lucerne is chilly and damp.
 - Average Low: -1°C
 - Average High: +4°C
 - Daytime Average: 2°C
- It is best to be prepared for the cold and consider the following:
 - Bring hand and foot warmers.
 - Bring warm clothing, layered clothing offers best warmth
 - Synthetics and wool are best to keep dry, avoid cotton.
 - Frost nip and frostbite are possible, so bring clothing to cover all exposed skin areas, especially fingers, toes, nose, ears, and face.
 - Protect yourself from UV radiation - use sunscreen with an SPF of at least 15-30

Those in the more mountainous regions like St. Moritz should expect significantly cooler temperatures and should prepare accordingly.

Animals/Rabies/Ticks

Switzerland is NOT a high-risk area for rabies or tick bites during the winter months. Although rabies can be found in bats and other carnivores in Western Europe, it is not prevalent in winter months. Please remember:

- Be sure you are up to date with tetanus vaccination.





- Do not touch or feed any animals.

Nutrition

- Meals will be provided at the accommodation sites, including both local and ethnic food as well as western food choices. Vegetarian options will be available.
- It is important that you are aware of your personal preferences and allergy issues.
- If you have any dietary restrictions, please provide us with this information.
- A good diet may not necessarily enhance performance, but a poor one can definitely have a negative impact.

Traveler's Diarrhea

The water quality in Switzerland is good but travelers to any destination in the world can develop travelers' diarrhea from consuming contaminated water or food. To ensure that you perform at your highest level and not spend your time in the bathroom, follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. Bring an alcohol-based hand gel (with at least 60% alcohol), such as Purell.
- It is recommended to only drink bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles; Hot drinks instead of cold (juices) unless from a sealed container are preferred
- Do not eat food purchased from street vendors.
- Choose cooked foods over raw/fresh foods.
- Avoid dairy products, unless you know they have been pasteurized.
- Fresh fruits and vegetables with peels/skin (oranges, bananas, watermelon with skin)
- Dried nuts/seeds are generally safe (peanuts, raisins, granola bars)
- Avoid unnecessary experimentation with new restaurants or foods

Travel Information

- Use the same common sense traveling overseas that you would at home, and always stay alert and aware of your surroundings.
- Leave a copy of your itinerary, contact information, credit cards, and passport with someone at home.
- Airplanes are dry and can predispose you to dehydration, so make sure to drink lots during the flight. You should aim to drink **~250mL of water for every hour of air travel**- YES that's a lot (pack a refillable water bottle). Drinks such as pop, coffee, tea, and alcohol (for those of





age) are dehydrating and thus should be avoided. Please try to pack a small bottle of moisturizer to rehydrate from the outside as well.

- To minimize your risk of getting a cold, bring a small bottle of hand sanitizer (within airline restrictions) with you on the flight and use it often, especially after using the bathroom and with meals.
- During your flight, you will likely not be able to get up and walk as much as you used to due to Covid-19 precautions. Consider doing 'in-seat' exercises.

Jet Lag & Sleep

- Jet Lag will definitely be something that everyone encounters on the trip to Switzerland. Travel to the Games can take anywhere from 10 to over 14 hours, and include anywhere from an 3-7hour time change.
- Protect your immune system by ensuring you get adequate sleep according to your own individual sleep requirements. Travel and competition has the potential to affect sleep quantity and quality due to time zone changes, sleep environment differences and other factors.
- Sleep deficit is the number of hours lost in 1 overnight period. As long as sleep deficit is minimized and corrected within 2-3 days it will have a lesser impact on performance than sleep debt. Sleep debt is the accumulation of sleep deficits over several nights. Sleep debt can be a significant obstacle to 90%+ performance.

General sleep strategies:

1. Determine your bedtime routine + timing well in advance (have a plan)
2. Create an environment conducive to sleep (dark room, minimize noise)
3. Eliminate digital distractions at least 1 hour before bed (laptops, phones)
4. Avoid going to bed hungry (have a small nutritious snack 30-60 min/bed)
5. Minimize mental distractions (complete to-do items well before bedtime)
6. Glass of water next to your bed to avoid getting up + optimize hydration

To minimize the effects of jet lag:

- Sleep well the night before departure.
- Maintain good hydration.
- Synchronize your watch with the time zone at departure.
- Carry personal relaxation materials (books, magazines, and music).
- Consider eyeshades & earplugs.
- Avoid alcohol.
- Expose yourself to as much local daylight as you can when you arrive.
- Get some exercise when you arrive.





- On arrival, avoid doing things like napping or sleeping late, which would keep your circadian rhythm on your home clock.
- See your team doctor if you are someone who requires sleep medications. Caution is advised if you don't normally take these kinds of medications.

Other General Health Information

- Wear a mask and practice social distancing
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
- To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.
- To prevent fungal and parasitic infections, keep feet clean and dry, always wear good footwear and do not go barefoot.
- You will be lodged in shared accommodation and will likely have roommates. Be prepared to accommodate other athletes/participants' needs, including different schedules, light issues (e.g. night lights etc.), noise (e.g. snoring), and times (e.g. sleep time and wake time).

Essential Things to Do and Pack Before you Leave for the Universiade

- Visit your family doctor and your dentist for a check-up.
- Ensure your immunizations are up to date and appropriate.
- Ensure that you have an adequate supply of your regular medications with you for the entire trip and that they are securely packaged in their original containers. If necessary, have a letter from your physician stating your conditions and the medications and/or medical supplies you are carrying.
- Bring a small collection of emergency medications with you such as Gravol, Pepto-Bismol, Advil, Tylenol, Imodium, cough lozenges, and anti-bacterial wipes. Carry a list of your medical issues including allergies. As well, carry your emergency contact information with your passport.
- Bring relaxation items (iPod, books, etc) and comfort items (photo's, pillow case, etc).
- **Complete and submit your Patient Information Form to GEMS.pro by November 1, 2021**
- **Please complete your CCES online anti-doping module by November 1, 2021**
- Ensure that your TUE forms are up to date and meet your International Federation's TUE requirements. Forward a copy of your IF TUE certificate to the CCES and make sure that you have a copy of your TUE certificate to bring with you.





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- Ensure that all medications and supplements that are prohibited are stopped well in advance of the Games.

COVID-19

- The pandemic is being assessed constantly in cooperation with the Swiss Confederation. There is a pandemic task force for the Winter Universiade 2021.
- Wear a mask and practice social distancing (In Switzerland, it is mandatory to wear a mask in almost every public location).
- FISU and the 2021 Winter Universiade Organizing Committee have mandated that all delegation members must be fully vaccinated against COVID-19 and provide a negative COVID-19 PCR (<72hrs old) test upon arrival in Switzerland to be accredited for the event.
- There will be a test centre at each venue if someone feels unwell/experiences Covid-19 symptoms.
- If a test is positive, the delegate will be transferred to a dedicated hotel room to be isolated.
- A Covid-19 guide is being developed by the organizing committee in Switzerland which we will hopefully have by mid-November for distribution.