

THE GUIDELINE OF ULTRA-HEALTH

by



ULTRA SPORTS SCIENCE



SELF-MEDICATION

I will not practice **self-medication**, including use of over-the-counter medications.



IF I AM SICK

If I am sick, I will **assure my health has returned** before I train hard or compete.



QUARTZ PROGRAM

I will register for the **Quartz program*** (Free).



TEST MY EQUIPMENT

I will **always trial my equipment**, and my hydration and nutrition plans in training before using in competition.



HYDRATION

I will drink to thirst and consume salt as desired during exercise **to avoid overhydration and dehydration**.



RULES OF THE RACE

I will **respect** and apply the rules of the race.



SHORT NAPS

I will **nap** during ultra-long distance if needed for safety.



ENVIRONMENTAL CONDITIONS

I will **anticipate and be prepared** for extreme environmental conditions and be responsible by telling someone where I am going when training in remote locations.



HELP

I will **help** all competitors in difficulty.



REST AND SLEEP

I will assure that I have adequately rested and slept before driving home **after long competitions**. In power nap we trust.



FAMILY BALANCE

I will try **to maintain balance in my life**, assuring that I satisfy family and professional responsibilities.



INSURANCE COVERAGE

I will assure I **have insurance coverage**, including insurance that covers the risks of participation in my sport (e.g., helicopter rescue fees).