



# TEAM AUSS

ATHLETE MANUAL  
ATHLETE, OFFICIALS & SUPPORTERS



ONE TEAM ONE DREAM



MACCABI AUSTRALIA INCORPORATED  
**21<sup>st</sup> MACCABIAH GAMES**  
**AUSTRALIAN TEAM Athlete Manual**  
ATHLETE, OFFICIALS & SUPPORTERS  
15 May 2022

MACCABI AUSTRALIA INC  
ABN 99 643 176 941  
1/115 Hawthorn Road  
Caulfield North, VIC 3161  
Australia  
T: (03) 9563 5885



## CONTENTS

<b>1</b>	<b>WELCOME TO THE AUSTRALIAN MACCABIAH TEAM .....</b>	<b>3</b>
<b>2</b>	<b>PREPARATION FOR TRAVEL – PRIOR TO DEPARTURE.....</b>	<b>3</b>
2.1	GENERALLY.....	3
2.2	INTERNATIONAL CLEARANCE.....	3
2.3	MEDICAL.....	4
2.4	THERAPUTIC USE EXEMPTION (TUE).....	4
2.5	MEDICAL ENQUIRIES .....	4
2.6	SPORT PSYCHOLOGY .....	<b>Error! Bookmark not defined.</b>
2.7	PERSONAL .....	4
<b>3</b>	<b>IN-FLIGHT STRATEGIES AND SUCCESSFUL TRAVELLING .....</b>	<b>5</b>
3.1	BODY CLOCK RE-SET .....	5
3.2	SELF-CARE AND SITTING.....	5
3.3	ACTIVITY AND IN-FLIGHT EXERCISE .....	5
3.4	COMPRESSION GARMENTS.....	6
3.5	NUTRITION .....	6
3.6	FLUID .....	6
3.7	MEDICATIONS .....	6
<b>4</b>	<b>COMPETITION PERFORMANCE GUIDELINES .....</b>	<b>7</b>
4.1	SLEEP GUIDELINES.....	7
4.2	EATING WELL AT YOUR ACCOMMODATION CENTRE / HOTEL .....	7
4.3	MAXIMISING PERFORMANCE AT THE GAMES .....	8
<b>5</b>	<b>SAFETY AND SECURITY .....</b>	<b>9</b>
5.1	GOLDEN RULES.....	9
5.2	INTERNATIONAL AND AIRPORT TRAVEL SECURITY .....	9
5.3	SECURITY IN ISRAEL.....	10
5.4	PERSONAL SAFETY AND SECURITY .....	10
5.5	TEAM CURFEW AND SAFETY REPORTING PROCEDURE .....	11
5.6	SUSPICIOUS OBJECTS, PERSONS OR VEHICLES.....	12
5.7	EMERGENCY SITUATIONS.....	12
5.8	EMERGENCY SERVICES IN ISRAEL.....	12
5.9	COMMUNICATIONS .....	12
5.10	REPORTING.....	13
5.11	CODE OF CONDUCT.....	13
5.12	MACCABI AUSTRALIA MEMBER PROTECTION POLICY (MPP) .....	13
<b>6</b>	<b>MEDICAL, PHYSIOTHERAPY, TEAM PSYCHOLOGY DURING PRE-CAMP &amp; THE GAMES .....</b>	<b>13</b>
6.1	MEDICAL PROTOCOLS .....	13



6.2	PHYSIOTHERAPY PROTOCOLS AND ATHLETE TREATMENT .....	14
6.3	COMPETITION .....	14
6.4	TEAM/SPORT PSYCHOLOGIST .....	15
<b>7</b>	<b>HEAT AND HYDRATION GUIDELINE .....</b>	<b>15</b>
7.1	BACKGROUND .....	15
7.2	GUIDELINES TO AVOID HEAT STRESS .....	16
7.3	HYDRATION .....	16
7.4	ALCOHOL POLICY .....	17
7.5	HYDRATION GUIDELINES FOR ATHLETES .....	17
7.6	PLAYER REST AND ROTATION .....	17
7.7	FACTORS INFLUENCING ATHLETE CORE BODY TEMPERATURE .....	17
7.8	EDUCATION .....	18
7.9	INCREASING SYMPTOMS OF EXCESSIVE HEAT EXPOSURE .....	18
<b>8</b>	<b>ANTI-DOPING .....</b>	<b>18</b>
<b>9</b>	<b>SUPPLEMENTS GUIDELINE .....</b>	<b>19</b>
9.1	BACKGROUND .....	19
9.2	WHAT IS A SUPPLEMENT? .....	19
9.3	WHY DO PEOPLE TAKE (OR FEEL THE NEED TO TAKE) SUPPLEMENTS? .....	19
9.4	SUPPLEMENTS FACTS .....	19
9.5	FOOD-FIRST APPROACH .....	20
9.6	PRINCIPLES FOR USE OF SPORTS SUPPLEMENTS .....	20
9.7	STRICT LIABILITY .....	20
9.8	THERAPUTIC USE EXEMPTION (TUE) .....	20
<b>10</b>	<b>APPENDIX 1 – SUGGESTED PACKING LIST .....</b>	<b>21</b>
10.1	GENERALLY .....	21
<b>11</b>	<b>APPENDIX 2 – SLEEP HYGIENE AND RECOVERY STRATEGIES .....</b>	<b>24</b>
<b>12</b>	<b>APPENDIX 3A –SHOULD I TAKE THIS SUPPLEMENT? .....</b>	<b>25</b>
<b>13</b>	<b>APPENDIX 3B – RISKS ASSOCIATED WITH SUPPLEMENT USE .....</b>	<b>26</b>
<b>14</b>	<b>APPENDIX 4 – MAI CODES OF CONDUCT [EXCERPT FROM THE MAI MEMBER PROTECTION POLICY] .....</b>	<b>28</b>
14.1	ATHLETE CODES OF CONDUCT .....	28
<b>15</b>	<b>APPENDIX 5 - DEPARTMENT OF FOREIGN AFFAIRS INFORMATION .....</b>	<b>Error! Bookmark not defined.</b>
15.1	SAFETY AND SECURITY .....	<b>Error! Bookmark not defined.</b>
15.2	CRIME .....	<b>Error! Bookmark not defined.</b>
15.3	TERRORISM .....	<b>Error! Bookmark not defined.</b>



## 1 WELCOME TO THE AUSTRALIAN MACCABIAH TEAM

---

Dear Athletes

Being a participant of the 2022 Maccabiah Games is an experience that will never be forgotten. You will meet many new people and be a part of a unique event. We all hope that the memories you have are positive, and when you return home, you are able to convey to all what the Maccabiah spirit is all about!

From the outset, our objective has been athlete focused. All planning, discussions and decisions are aimed at ensuring that you have the best possible preparation in order that you are ready to perform at your optimum.

This manual contains comprehensive information about; travel, safety, security, medical/physiotherapy/sport psychology, pre-camp, acclimatization, and many hints to make you a more knowledgeable and better prepared competitor.

You have an opportunity to do something that very few members of our community will ever experience. You will wear the green and gold and compete with Jewish athletes from all corners of the globe.

The Athlete Manual is designed to help your efforts to do great things and strive for personal best and inspire our community with your wonderful achievements.

## 2 PREPARATION FOR TRAVEL – PRIOR TO DEPARTURE

---

### 2.1 GENERALLY

Research has shown that athletes who manage and cope well with travelling perform better and can focus and support their teammates in tough situations during competition. There are several strategies that can you to ensure a successful trip. The key areas in preparing for departure include training, relaxation, diet, and making a physical and psychological switch to the intended destination. It is essential to be organised and ready.

Now, more than ever, it is particularly important to ensure you are taking extra particular care of your health, wellbeing, and monitoring these prior to departure. Juggling the demands of school/work, training and social commitments can be challenging. Ensure that with the support of your family and home coach, that you are looking after yourself for you to be at the best possible shape leading into the Games.

### 2.2 INTERNATIONAL CLEARANCE

- a) Some state and national sport organisations require athletes to complete an international clearance for overseas competition.
- b) Check with your Team Manager if required and they will arrange it with your relevant state / national sport organisation.



## 2.3 MEDICAL

### 2.3.1 Medical Summary

By now, you would have visited your GP and obtained your medical summary and fitness to compete declaration. These forms to be uploaded to your portal. Your vaccinations will be administered at this visit and MUST be documented on your medical summary

You should have had:

- a) Tetanus (in the last 10 years)
- b) Influenza 2022
- c) Covid 19 initial course
- d) Covid 19 booster x1 for those under 65 OR x2 for those over 65 or other medical problems

### 2.4 THERAPUTIC USE EXEMPTION (TUE)

Athletes may at times need to use a prohibited medication to treat a legitimate medical condition:

- a) A TUE is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance)
- b) TUE approval may protect athletes from receiving a sanction if a prohibited substance is found in their sample
- c) An exemption is only granted if there is no unfair advantage given to the athlete by taking the substance or using the method
- d) NOTE: not all medications are eligible for a TUE and having a TUE will only guard against a breach if the medication is used as per the TUE
- e) Athlete information provided via your medical summary should assist in identifying those athletes with unique requirements or consideration, or those taking medications that may require a Therapeutic Use Exemption (TUE).
- f) Information regarding TUE's can be found at: [Therapeutic Use Exemption \(TUE\) | Sport Integrity Australia](#) It is important to note that this form is an essential part of your medical record.

### 2.5 MEDICAL ENQUIRIES

Please contact the Team's Head of Medical:

Dr Billie Whiteson, e: [drbilliewhiteson@gmail.com](mailto:drbilliewhiteson@gmail.com) 02 9388 0041

### 2.6 PERSONAL

#### 2.6.1 Prepare key documents

- a) You must have a passport valid for a minimum of another six (6) months from date of travel.
- b) Photocopy and scan your passport, tickets and other important documents and ensure that these documents are carried in a separate area to your passport and tickets and stored online.
- c) Keep a copy of your passport (inside cover) and credit card numbers at home.
- d) Give your family a copy of your travel itinerary and contact details before you leave.

#### 2.6.2 Prepare your luggage in advance

- a) Make a list of clothes and toiletries that need to be packed. Refer [Appendix 1](#) for a **Suggested Packing List**.
- b) Choose a suitcase that has wheels or that it easy to carry. Do not overpack.
- c) Ensure that ID tags with your name/address are attached to both the inside and outside of your luggage and hand luggage. Never leave your luggage unattended and lock your bags when travelling.
- d) If needed place fragile stickers on sporting equipment.



- e) Print your name on the inside label of all Team uniform items, with a laundry marker. Wash uniform items before travel.
- f) Prepare your hand luggage to include a change of clothing, essential toiletries, essential snacks.
- g) Take a photograph of your luggage in case of lost baggage.

### 2.6.3 Final details

- a) Try to reduce caffeine intake about 48 hours prior to departure.
- b) Consider wearing compression tights or calf compression socks during your flight.
- c) Try to get to sleep early and take naps at corresponding times to your destination place, aiming to ease the effects of jet lag.
- d) On departure from home check that you have your:
  - i. Passport.
  - ii. Ticket.
  - iii. Covid documentation as per current requirements
  - iv. Information on your hotel address if travelling separate to the Team; and
  - v. Program
  - vi. Prescription medication

## 3 IN-FLIGHT STRATEGIES AND SUCCESSFUL TRAVELLING

---

Concerns and challenges when travelling on planes are, comfort, food, hydration, and rest. The following strategies will assist with minimizing travel fatigue and jet lag, supporting acclimatization to your destination, injury prevention and assisting performance:

### 3.1 BODY CLOCK RE-SET

- a) If there is a morning arrival at your destination, then sleep the last leg of your flight. You do not want to sleep when you arrive. Similarly, if you are arriving at night, then try to get some sleep at the start of your flight so you can sleep when you arrive at your accommodation.
- b) As soon as you get on the plane, adjust your watch to the time in your destination country.

### 3.2 SELF-CARE AND SITTING

- a) Carry a toothbrush and other toiletries in your hand luggage to assist in maintaining personal freshness during the flight.
- b) You may like to mentally switch off and put your mind in neutral when travelling.
- c) Sit upright and correctly by using a pillow in the hollow of your back.
- d) Keep your shoulders relaxed.
- e) Avoid crossing your legs or sitting skewed across the seat to assist with correct alignment and circulation.

### 3.3 ACTIVITY AND IN-FLIGHT EXERCISE

Exercises performed during the flight can help to keep your muscles active, reduce the incidence of deep vein thrombosis and prevent muscle tightness developing. Recommended exercises include:

- a) Walking for 1-2 minutes every hour (when awake) (*due to COVID in-flight restrictions this might not be permitted*)
- b) Foot pumps x 50 hourly
- c) Neck stretches every 2 hours – ear to shoulder, rotation to (L) and (R)
- d) Upper limb stretches every 2 hours – stretch towards ceiling, arm across body
- e) Lumbar extension stretches



- f) Take the time to relax - travel can also provide the opportunity to think about other ways you can use the time to your advantage, even if just by chatting with a teammate that you do not usually spend much time with.
- g) Forced inactivity when travelling often leads to boredom. Pack plenty of activities to keep yourself occupied. Reading material, travel games, playing cards, and music are good options. There are also things you can do during the flight to keep your brain active and to train the parts of the brain that will enhance performance. Consider trying the following:
  - i. Use visual imagery to practice a specific skill required for your sport. If done correctly, it will activate the same areas of your brain that are responsible for executing the skill, meaning that you can practice and train your brain to perform a skill without doing it.
  - ii. Practice being in control of your breathing, with assistance from a guided podcast or app (e.g., MyCalmBeat)
  - iii. If you like playing games, try games that enhance your focus and attention. One developed specifically for athletes is an app called FocusUp pro.

### 3.4 COMPRESSION GARMENTS

The use of full-length leg compression garments is recommended for athletes. While the evidence for the effectiveness of compression garments is limited, there is some anecdotal evidence that they may assist in reducing the risk of deep vein thrombosis and, when vigorous activity has recently been undertaken, to aid in muscle recovery and reduce muscle soreness.

### 3.5 NUTRITION

Many athletes prefer to reduce their food intake, aiming to get into the routine of eating at appropriate mealtimes in their destination country. Preferred foods include cereals, vegetables, and fruit. Take your own snacks on the plane to help you eat appropriate foods and as a back-up, so you do not miss important nutrients.

### 3.6 FLUID

Air-conditioned environments and pressurized cabins increase fluid losses from the skin and lungs. The risk of becoming dehydrated is high, especially when travel times are long. Symptoms of dehydration may include headaches, tiredness, or slight constipation. Although fluid is provided regularly when flying, the small serve sizes are usually insufficient to maintain hydration. It is important that fluid intake be maintained before, during and after the flight, recommended as follows:

- a) Fluid intake should consist of non-alcoholic beverages (water, hydralyte, and fruit juices) both before and throughout the flight.
- b) Replace with 300ml every 2-3h i.e., about 2.4litres during the flight and a further 3-500ml afterwards.
- c) Avoid diuretic drinks including tea and coffee.
- d) Caffeine intake (including Coke or Diet Coke) should be minimised.
- e) **No alcohol** - There is a **NO** alcohol policy during the flight and transit for junior and open athletes. Masters' athletes may drink alcohol in moderation. The Team Manager will enforce.

### 3.7 MEDICATIONS

- a) The use of medications to assist with sleeping during a flight must not be taken by junior athletes and open / masters athletes should not take this medication unless prescribed or advised by a doctor. Some of these medications are banned in sport and if testing is conducted could result in disqualification.



- b) The use of blood thinning medications such as aspirin to reduce the risk of DVT should only be used under the direction of a doctor.

## 4 COMPETITION PERFORMANCE GUIDELINES

---

### 4.1 SLEEP GUIDELINES

There is a growing body of scientific evidence that has demonstrated a relationship between critical sleep factors (sleep length, sleep quality and circadian sleep phase) and athletic performance. The lack of sleep or cumulative sleep debt is associated with changes in mood, concentration, motivation, endurance, and recovery that have a negative effect on performance and put the athlete at risk for overtraining/under-recovery and injury. The chief controllers for the body's natural biological clock are sunlight, sleep, eating, and exercise. To adjust to local time quickly, be disciplined about rest, sleep, and activity times. The following is recommended:

- a) Avoid sleeping for prolonged periods in the middle of the day because this will slow down your adjustment to local time.
- b) Sleep duration: 7-9 hours/night
- c) Reduce sleep debt. Should be getting 50-65 hours' sleep/week
- d) Avoid technology (screen time) 1 hour before bed, or at least activate the Nightshift function to reduce brightness and limit the emission of blue light.
- e) At night if you are having trouble sleeping, keep resting with small stints of writing, or reading, mixed with dozing.
- f) Stress can be controlled by relaxation techniques, listening to music, reading, etc. If you are having trouble sleeping, or feel more stressed than usual, be proactive about it. Tell your Team Manager or Coach, or ask to be in touch with the Team Psychologist (Making an appointment with the Team Psychologist, Refer [Section 6.6](#))
- g) Refer to [Appendix 2](#) for further information.
- h) Circadin (long-acting Melatonin) can be used to help induce sleep and help change your sleep cycle from Australian time to Israeli time. If you are under aged 60 this is available on prescription from a doctor and is NOT a banned in sport medication.

### 4.2 EATING WELL AT YOUR ACCOMMODATION CENTRE / HOTEL

The following information is provided to help you with tips or reminders regarding eating well in an athlete's dining hall. Living in a hotel with other athletes can provide a culture shock and a new set of challenges. At first, you may feel overwhelmed at the opportunities and choices. After a week or so, you may find that you become bored with the menu options despite the exciting atmosphere. You will be going to the same dining room, with the same people, the same layout, and the same cutlery. Since the menu cycle is likely to be brief, once you have been in your accommodation for more than a week, you will also see the same food. Your creativity in food selection will make all the difference. Eating in a dining hall means a change to the food habits of most people.

#### 4.2.1 New challenges

- a) Great quantities and many choices of food all at once: You can serve yourself as much as you want from an almost inexhaustible supply. It is easy to eat more than usual, and more than you need.
- b) Different and unusual foods: Some people find it difficult to adjust to food that is different to the way mum/dad/you cooks. You may have reluctant and unadventurous taste buds when it comes to trying new foods, or you are unsure of nutritional value.
- c) Lack of supervision: No one is around to make you eat your vegetables or eat a range of balanced foods!



- d) Distraction: It is hard to concentrate on your own nutritional goals when you are surrounded by the eating habits of a large group of people.
- e) Meal hours: Basic catering provides for three meals a day - but healthy snacks are an important part of an athlete's diet, especially if you have additional nutritional requirements. You need to think ahead to have food on hand.

#### 4.2.2 Food tips to follow

- a) Know your nutritional goals and how to choose food to achieve these
- b) Your best asset is to be focused and organised
- c) Plan your mealtimes and snacks into your day - do not leave it to chance. Stick to this plan - do not try anything new or tricky in a competition phase.
- d) Treat the dining hall like a restaurant. Look at the menu, or 'do a lap' to check out what is on offer. Decide as you wait in the queue. Avoid "grabbing!"
- e) Do not concern yourself with the amount & type of food that other athletes consume. The nutritional needs of other athletes may be quite different to your own. Stick to what is right for you.
- f) Eat just what you need from a balanced food selection. Check your plate for high / complex carbohydrate foods, a protein-rich food, some vegetables, or fruit - the more colourful, the more vitamins!
- g) If you are a big eater, with high requirements, come back for a second helping or take a second plate. Do not try to pile it up all at once!
- h) Relax. There is plenty of food for everyone and menu items will be repeated. If you decide on one item tonight, you can look forward to another choice next night. This is not your last meal.
- i) Plan for healthy snacks between meals especially if you have high energy needs. If available and allowed, take what you need from the dining hall – fruit, yoghurt and bread/sandwiches are good choices.
- j) Do not hang around the dining hall once you have finished your meal.

#### 4.3 MAXIMISING PERFORMANCE AT THE GAMES

There are many factors that can affect your performance when you compete at an International Games. Athletes who consider these in advance can engage in strategies to reduce uncertainty, and those who accept and adapt to issues as they occur are more likely to remain relaxed and focused on their own performance:

##### 4.3.1 Environmental Stressors

- a) Travel and its associated effects: common disturbances include sleep disruption, and/or inadequacy, mood swings and alterations, and changes in motivation.
- b) Lack of familiarity with the environment and services:
  - i. language
  - ii. climate
  - iii. transport
  - iv. accommodation
  - v. security
- c) Reduction in usual social support and the social environment of crowds: you are removed from your home support network; partners, family, and friends, unable to be there to assist with coping from day to day. The crowd may be very noisy, cheering for opposing teams. Consider how you will prepare for these potential stressors?



#### 4.3.2 Factors Directly Related to Competition

- a) Transport or competition program delays: missed buses, etc. may cause anxiety prior to competition.
- b) Lack of familiarity with the competition environment and procedures
  - i. match scheduling
  - ii. access to facilities
- c) Presence of media, crowds, top name competitors
- d) Irritability
- e) Shifting relationship dynamics with teammates/coach
- f) Reactions of coaches and officials
- g) The occurrence of aversive or unexpected events

#### 4.3.3 Recommendations for maximising performance and minimising stress

- a) Familiarise yourself as much as possible with the culture, traditions, climate, people, crowd expectations and influence, venues procedures.
- b) If you have concerns about anything prior to leaving, or while you are away, seek guidance and assistance from coaches, sport psychologists, medical personnel, and teammates. Never sit on a problem because you think you can cope, use the resources around you.
- c) Set personal goals. It may prove beneficial to discuss these goals with coaches, etc., to get feedback and assistance on achieving those goals and maximising performance.
- d) Use your time alone wisely to relax, re-charge, re-focus, and enjoy the experience.
- e) Eating nutritious meals according to your plan and re-fuel with nutritious food choices within 30 minutes of exercise. Avoid lollies, processed foods, and drinks. Please note: Although highly processed foods and drinks contain simple sugars that are absorbed quickly for energy, the spike in blood glucose levels may lead to a slump soon after, affecting your training performance. The additional additives, colours and preservatives that are usually in these types of foods, especially confectionery, may also cause fatigue, lethargy, stomach upset and altered concentration in some individuals.
- f) Getting enough sleep, adopt a regular bed / wake and rest times before and during competition
- g) Game preparation and plan
- h) Drinking enough fluid
- i) Check and double check event or match times the day before.
- j) Ensure equipment is in good working order (shoes, racquet re-stringing, spares as needed etc.)
- k) Pack your competition bag, any medical needs (Band-Aids electrolyte solutions) for example and snacks, the night before.

## 5 SAFETY AND SECURITY

---

### 5.1 GOLDEN RULES

- a) ALWAYS REMAIN ALERT AND BE AWARE OF YOUR SURROUNDS
- b) ADHERE TO ALL TEAM SAFETY RULES; AND MOST IMPORTANTLY
- c) TAKE ESSENTIAL STEPS TO STAY SAFE
- d) FOLLOW ALL SECURITY DIRECTIVES

### 5.2 INTERNATIONAL AND AIRPORT TRAVEL SECURITY

- a) Lock your luggage. Use a Transportation Security Administration (“TSA”) approved lock. Always keep your personal belongings with you, and never leave any bags unaccompanied.



- b) For those who have never travelled to Israel in the past, you will notice an increase in the level of security at the airports, especially regarding the checking of your luggage, and the screening of passengers.
- c) Never make any jokes or comments to the security staff at airports, as they are under strict instructions, and you may be removed from your flight.
- d) Always be alert for suspicious behaviour and report any concerns to security staff.
- e) If on team flights, athletes must wear the Australian team travel uniform.
- f) Behaviour on flights is of upmost importance. Any form of unruly behaviour may result in airline security removing you from the airline and charging with you an offence.
- g) Juniors will use the buddy system to go to the bathroom or move away from the team whilst transiting at airports

### 5.3 SECURITY IN ISRAEL

For those who have travelled to Israel in the past, there will be an understanding of how seriously security is taken throughout the entire country:

- a) All Team Members are responsible for not only our own personal security, but also for that of our fellow teammates, and it is vital that the issue of security is taken seriously. For this reason, there are a well-developed set of rules that all Team Members are expected to know and abide with.
- b) Never venture out of the nominated secure areas.
- c) No Team member should leave the accommodation facility or the competition venues on their own and without permission from your Team Manager or Regional Manager should there not be an appointed Team Manager.
- d) It is mandatory to always wear your Games Identification during the event. This identification should be always worn (except whilst competing). On the rear of the Identification is a list of emergency contact numbers for your assistance if required.
- e) Make sure that you leave all valuables in your room safe box and that your window/s and door are securely locked.

### 5.4 PERSONAL SAFETY AND SECURITY

- a) Never discuss security measures, accommodation details, transportation, or competition venues and schedules in public places where a stranger may overhear you.
- b) When out of the hotel/accommodation facility make sure that you stay with your teammates/ buddy and do not venture away from them on your own.
- c) Please remember that we are not the only guests staying at the hotels; loud or inappropriate behaviour is to be avoided.
- d) Parties, functions, and social gatherings are only permitted when arranged by the event organisers or authorised by Australian Team Management.
- e) Confident living - when visiting a new city, walk with a purpose as if you have been there often.
- f) Do not do anything to draw undue attention to yourself or teammates.
- g) If you get lost, immediately contact your Team Manager AND Moked (contact details on Games ID), remain where you are and then wait for further instructions.
- h) Do not bring anyone you have just met to the hotel or to any of the sporting events unless been given permission from your Team Manager. I thought that this was not allowed due to covid
- i) Do not use public transport, including buses, taxis, trains, etc.
- j) During recreation times **do not** engage in dangerous activities or extreme sports (SCUBA diving, parasailing, rock-climbing, bungee-jumping to name a few).
- k) Notify your Team Manager of your whereabouts.



#### 5.4.1 Use of Public Transport and Taxis

- a) Team Members are not permitted to use public transport (no trains or buses)
- b) Team Members are permitted to use taxis according to the following:
  - i. Team Member must be 18/over
  - ii. Junior Team Members must be accompanied by an adult
  - iii. Taxis must be Israeli taxis (must have yellow number plates)

#### 5.4.2 No Go Zones

Team members are not permitted to enter the following areas (subject to change):

- a) The West Bank including Bethlehem
- b) Jericho and Ramallah
- c) The Golan Heights to the East of Route 98 near Syria

#### 5.4.3 Money and Credit Cards

- a) Use a hotel room safe or hotel reception safe deposit box to store valuables, passports, and air tickets.
- b) When travelling between destinations, use a money belt hidden under clothing to carry valuables.
- c) Avoid wearing jewellery, carrying a handbag, or wearing waist bags, as these are invitations to pick-pockets and muggers.
- d) Make photocopies and store in your email account or cloud-based file - all important documents before leaving home, such as passports, airline tickets, insurance, visas, etc. for quick processing if these items are stolen.
- e) Carry only one credit card when you leave the hotel.
- f) Only change money at an authorised Money Changer or bank

#### 5.5 TEAM CURFEW AND SAFETY REPORTING PROCEDURE

As part of the safety and security practices associated with the Team, it is a requirement for all Team Managers to report the whereabouts of all Team Members to their Regional Manager each evening. Once confirmed, the regional manager will inform the Head of Safety and Security that all Team Members in their region are accounted for. As such:

- a) **By midnight (12:00AM) every night**, all Team Managers must report to their Regional Manager that all members of their team are accounted for back at their designated hotel. This will apply to all nights, including Shabbat.
- b) Should a specific team come to an arrangement which allows athletes to remain out beyond the midnight curfew, this must be agreed upon together with the relevant Regional Manager and upon the return of all athletes, no matter the agreed upon time, the Regional Manager is to be informed of their safe return.
- c) The Regional Manager shall inform the Head of Safety and Security of the safe return of all teams in their region. Any concerns must immediately be alerted to the Head of Safety and Security.
- d) Should athletes remain out past curfew and be unable to be accounted for, the Head of Safety and Security may inform the Moked (Israeli Maccabiah Command Centre) who are likely to dispatch security officials to begin searching for the missing athlete(s) and ensure their safety and wellbeing.
- e) Any disciplinary breaches will be managed accordingly.



## 5.6 SUSPICIOUS OBJECTS, PERSONS, OR VEHICLES

### 5.6.1 What do I do if I locate a suspicious object, person, or vehicle?

- a) If you find anything suspicious, then you should immediately report the issue to your Team Manager or a member of the security forces.
- b) Under no circumstances should you approach or touch the suspect person, object, bag, or package, instead you should move away, and encourage others to move with you.
- c) You should always follow instructions as provided by the authorities.

## 5.7 EMERGENCY SITUATIONS

### 5.7.1 What do I do in the event of some type of security incident?

- a) If you are involved in an incident (criminal or terrorist) you are to report it immediately to your Team Manager, when it is safe for you to do so.
- b) Follow instructions from Security Staff and Team Management.
- c) In the event of a terror attack you should follow all instructions as given to you.
- d) If the incident occurs close to where you are, under no circumstances are you to approach the scene of the incident.
- e) If you are not in the vicinity of your team or Team Manager, you are to make contact as soon as possible to inform them of your whereabouts and that you are safe.

### 5.7.2 What do I do if I am instructed to evacuate a venue due to some type of incident?

- f) All Emergency Exits are clearly marked.
- g) If you are required to evacuate either follow the instructions as written or follow the instructions of the Wardens and Security Staff, who will direct your movements.
- h) You must ensure your Team Manager is aware of your safety and location as soon as possible.

## 5.8 EMERGENCY SERVICES IN ISRAEL

- a) If you require emergency assistance, immediately contact:

**Police – Dial 100**

**Medical – Dial 101**

**Fire – Dial 102**

**Moked (Israel Control Centre) – Dial 03 6715800**

- b) If you are approached by a person who claims to be from any government agency, you should always ask for their identification.
- c) If you are spoken to by a person from any agency, immediately notify your Team Manager, and provide them with all details.
- d) If you are requested to accompany a person from any agency, contact your Team manager prior to agreeing to do so.

## 5.9 COMMUNICATIONS

- a) Communication is always vital, and your Team Manager should be fully aware of any situation or issue.
- b) Your Team Manager is your first point of call.
- c) If you are unable to contact this person, and the matter is of importance, then you should contact your Regional Manager.
- d) The Head of Safety and Security should only be contacted in case of an emergency, or if you are not able to contact your Team or Regional Manager.



- e) *Remember- if you are in doubt about whether you should inform your Team Manager, then you should.*

#### 5.10 REPORTING

- a) Any incident or should be reported no matter how minor it may seem, and this should be done as soon as possible.
- b) Team Managers must be immediately alerted to any issue or concern from the Team Member, and they then have a responsibility to escalate this information if required.

#### 5.11 CODE OF CONDUCT

All Team Members are bound by the MAI Code of Conduct and have agreed to their responsibilities and obligations as part of the Australian Maccabiah Team Membership Agreement.

##### 5.11.1 Prohibited Conduct

The following forms of conduct shall not be tolerated and may result in disciplinary proceedings, decisions, and action relative to Team Members:

- a) Acts (including the use of inappropriate language) that disturb others, or cause offence, disturbance, or distress to others.
- b) The consumption of alcohol by or supply of alcohol to Team Members under 18 years of age and any athlete over the age of 18 who is accommodated with / a member of the Junior delegation (or the legal drinking age in the Country in which the Team is accommodated).
- c) The supply, possession or taking of illegal drugs.
- d) Any form of abuse, assault, or violence (including emotional, verbal, physical or sexual abuse/assault/violence); In appropriate instances, the police may be contacted to intervene.

##### 5.11.2 Disciplinary Procedure and Non-Compliance of Obligations

All Team Members shall abide by the Disciplinary Protocols of the 21<sup>ST</sup> Maccabiah Games. A copy of the General Disciplinary Regulations is available on the 21<sup>ST</sup> Maccabiah website and may be updated from time to time.

#### 5.12 MACCABI AUSTRALIA MEMBER PROTECTION POLICY (MPP)

The MAI MPP is available at [www.maccabi.com.au](http://www.maccabi.com.au). The Member Protection Policy vision is to:

- a) establish and maintain a transparent member protection system that is to apply at all levels of the Maccabi organisation.
- b) establish and maintain policies and procedures.
- c) work to protect the rights and interests of all those persons who participate or are otherwise involved in Maccabi activities.
- d) explain the rights and obligations that each of them has under relevant legislation; and
- e) enable Maccabi to take disciplinary action against Team Members who do not act in accordance with its standards.
- f) provide capable and innovative leadership and arrangements that ensure that the above vision is successfully implemented and maintained in a transparent fashion and on an on-going basis in a manner that will, as far as possible, help to unite and protect Maccabi and its members.

## 6 MEDICAL, PHYSIOTHERAPY, TEAM PSYCHOLOGY DURING PRE-CAMP & THE GAMES

---

### 6.1 MEDICAL PROTOCOLS

- a) Athletes should NOT communicate directly with the regional doctor unless in an emergency.
- b) These appointments are to be arranged by your Team manager or where there is no team manager, appointments are to be arranged through the relevant regional manager.



- c) There will be daily scheduled clinic hour times where **strictly only athletes** can be treated and other times for other team members and administrative staff.

## 6.2 PHYSIOTHERAPY PROTOCOLS AND ATHLETE TREATMENT

- a) There will be daily scheduled clinic hour times where **strictly only athletes** can be treated.
- b) Physios will be working with 10-15 min treatment time slots at the Physio's discretion.
- c) Bookings will be made daily, and it is the responsibility of the Team Manager (TM) to liaise with their Regional Senior Physiotherapist (RSP) to book a time for their athlete/s:
- d) Under NO circumstances may an athlete approach any Physiotherapist to book in for treatment

## 6.3 COMPETITION

### 6.3.1 Pre-Competition Warm-up

The principal aim of the warmup is to prepare the athlete for competition intensity.

- a) The team should warm up as a group but remember that individuals are responsible for managing their own warm-up intensity under the guidance of the coach.
- b) If the athlete requires treatment/stretching/massage/taping, it should be completed prior to the commencement of the warmup.
- c) The athlete must ensure they complete a full warm up.
- d) For most sports, a 20-30 minutes is recommended for warm-up.
- e) The essential components of the warmup are typically:
  - i. Jog and dynamic stretching (5 mins)
  - ii. Run throughs (5 mins)
  - iii. Sprints (1 min)
  - iv. Skills required for that sport (15 mins) – at the direction of the coaches
- f) Pre-competition preparations such as National Anthems need be factored into the warmup time so that enough time is allowed for all components of the warmup to be completed.

### 6.3.2 Post-Competition/Game Recovery

The purpose of the recovery period is to assist the body in the recovery process and prepare it for the next match by reducing muscle tightness and assisting the body in the removal of by-products of muscle activity. It requires forethought and diligence on behalf of the athlete.

All athletes are required to complete all components of the recovery unless contraindicated.

- a) Cool Down Period following coach instructions
- b) Athletes must:
  - i. Discuss all injuries with the physiotherapist (muscle strains, ligament sprains and bruises) via the TM bookings
  - ii. Apply ice and compression immediately post-match to any injury as directed
  - iii. Walk/jog
  - iv. Stretch
- c) Post-game hydration
  - i. Refer [Section 7](#)
- d) Beach Recovery/Ice Baths/Pool
  - i. When available for athletes unless advised otherwise, beach/ice recovery is recommended. Temperature should be between 10-12 degrees C. Submerge in the bath to waist level for 3 mins.
  - ii. Recovery can be completed in a pool when beach or ice baths are not available.
- e) Nutrition



- i. Immediately post-game, make available a variety of snacks for athletes to consume (e.g., Muesli bars, honey, and bread, Sustagen, Protein and Carbohydrate rich foods,). Balanced electrolyte solutions such as hydralyte are excellent for replacing salts and fluids lost as well as supplying glucose needs.
- ii. Sports Dietitian Australia offers an excellent factsheet recourse on [Recovery Nutrition](#)

#### 6.4 TEAM/SPORT PSYCHOLOGIST

##### 6.4.1 The role of the Team Psychologist

The Team Psychologist will be responsible for the provision of psychological support to all members of the Australian delegation during the Games:

- a) This includes attending training sessions during pre-camp and the tournament, liaising with team managers and coaches throughout the tournament, and consulting with individual athletes on an as-needs basis as is practicably possible.
- b) The role of the Team Psychologist covers two broad areas
  - i. Psychological Skills Training (“PST”) - to enhance performance at the Games (goal setting, concentration, self-talk, confidence, imagery)
  - ii. Reducing barriers to performance – eliminating or reducing factors that stand in the way of optimal performance (sleep disturbances, anxiety, team dynamics, coach/athlete relationship, lack of motivation, stress, adjustment issues, etc.)

##### 6.4.2 Priority System

The Team Psychologist will attempt to be accessible to all members of the delegation, but given the large delegation size, priority for psychological services will be given to:

- a) athletes with a history of mental health concerns
- b) athletes with acute psychological issues (e.g., panic attacks, concussion, injury)
- c) teams/athletes with high chance of medal-success
- d) Should the psychologist not be available many of the team’s doctors have experience in this field and can also assist you.

##### 6.4.3 Making an Appointment and Availability

- a) If you would like to contact the Team Psychologist, you are encouraged to contact the Psychologist in person, via phone call, or text message, or via their Team Manager or Coach.

## 7 HEAT AND HYDRATION GUIDELINE

---

### 7.1 BACKGROUND

As a team, we will be preparing, competing, and playing in the heat / humidity of Israel as part of the Maccabiah Games – and for some of us this will be the first time to have competed in this type of environment, in the middle of summer in Israel. The aim of this Guideline is to provide a guide of what to expect, how to prepare and advice on how to manage situations that may arise.

**Heat stress** is best described as excessive exposure to heat that may lead to several heat conditions ranging from mild symptoms such as heat rash, prickly heat, heat cramps, heat syncope (fainting), heat exhaustion to more life-threatening conditions, like heat stroke. People suffer from heat stress when the body absorbs more heat than it can dispel. **Anyone can fall victim to heat stress through a lack of hydration, lack of replacement of salt lost through sweating, over exertion or being over-exposed to the sun.**



## 7.2 GUIDELINES TO AVOID HEAT STRESS

When the body is exposed to elevated temperatures, the human body relies on sweating to lose heat. Evaporation through sweating is important to cool the body. Therefore, to lose body heat, a person must be able to sweat. Prevention is the best way to manage heat stress. Suggestions to prevent heat stress include:

- a) **Drink plenty of fluids:**
  - i. Drink water to the point where your urine is light yellow colour.
  - ii. Rehydration is best with alternate use of electrolyte solutions and water
  - iii. Avoid alcohol and caffeinated drinks during exercise as it increases your risk of hyperthermia
- b) **Acclimatisation:** It can take some time to acclimatise to a hotter climate. Where possible avoid strenuous activities during this period
- c) **Light Clothing:** To help evaporation of sweat, wear lightweight, light-coloured, loose, porous clothes, and a wide-brimmed hat
- d) **Protect yourself outside:** Slip, slop, slap. Use strong sunscreen as sunburn limits the body's ability to cope with heat, wear a cap
- e) **Do not take salt tablets**

## 7.3 HYDRATION

The more athletes sweat, the more fluid and salts they must consume to avoid dehydration. High levels of dehydration may increase the risk of heat stress. To diminish the risk of heat stress, start your work out, training or event well hydrated. Electrolyte solutions should be consumed, during and after activity.

### 7.3.1 Before Exercise

- a) It is recommended Team Members drink at least 7-8 ml of fluid per kg of body mass (average is about 2 cups) no more than 2 hours before exercising to promote adequate hydration and allow time for excretion of excess water.

### 7.3.2 During exercise

- a) It is recommended that athletes should drink electrolyte solutions at regular intervals to replace fluids lost through sweating. Athletes should aim to drink at least 3 ml per kg of body mass (about 250 ml for the average athlete of around 70 kilograms every 15 to 20 minutes or 2–3 cups every hour). However, this may vary dependent on the rate of sweating. Fluid taken should be cooler than the ambient temperature. Water is considered an adequate fluid option for activities lasting up to one hour undertaken at 23deg C, temperatures above this will induce sweating and water replacement alone will not be sufficient. Salts lost are sodium and potassium chloride hence just adding more table salt to food will not prevent heat exhaustion.
- b) Athletes in events or activities exceeding one hour are recommended to replace fluids lost with balanced electrolyte solutions.
- c) In high-risk conditions Mac man and half marathon events athletes should consult a sports nutritionist, sports physician, or experienced coach for advice regarding appropriate fluid and electrolyte replacement. During training, the fluids chosen should be trialled at regular intervals to ensure the recommendations are appropriate for you. In this way you should finish a competition in reasonable condition. Remember changes in ambient temperatures and humidity will affect fluid and salt loss this should be accounted for.
- d) Managers, coaches, and athletes should discuss the fluid needs of their athletes well in advance and format a hydration plan.

### 7.3.3 Training/Match recommendations

- a) 2-3 hours prior to training/match - 500ml



- b) Immediately prior to training/match – 150-350ml
- c) During training/match – 150-350ml every 20-30 minutes
- d) 1-2 hours Post training/match – 1.5 times the amount weight lost, e.g., 1kg = 1.5L. **Post Event Rehydration-** This can take 24 hours or more.

#### 7.3.4 Sports Drinks and Gels

- a) It is recommended that sports with duration greater than 1 hour, or where the sport is held in an environment where the temperature is over 23 deg C, should include an electrolyte replacement e.g., hydralyte or similar
- b) Athletes should take hydralyte tablets with them to Israel as it is cost effective compared to buying sports drinks while over there

#### 7.4 ALCOHOL POLICY

- a) There is a **NO** alcohol policy for flights / transit for junior athletes and all athletes under the age of 18 and open athletes. Masters' athletes may drink responsibly in moderation.
- b) There is a **NO** alcohol policy for any athlete under 18 years of age.
- c) During pre-camp, it is recommended that alcohol consumption be limited.
- d) For the duration of competition, a **NO** alcohol policy is recommended.
- e) Each team will need to make its own regulation regarding its alcohol policy and is up to each individual sport TM to enforce.

#### 7.5 HYDRATION GUIDELINES FOR ATHLETES

Adequate fluid and electrolyte consumption during competition is vital to:

- a) Avoid dehydration, heat exhaustion, heat stroke and/or cramping
- b) Maintain body temperature to prevent overheating
- c) Help transport nutrients
- d) Digestion, absorption, and removal of waste products

It is important that hydration occurs before feeling thirsty. If you wait until this point, you are already feeling some effects of dehydration, and hence performance may suffer.

Please note: the following are guidelines only and may should be adjusted to meet your individuals/sports needs

#### 7.6 PLAYER REST AND ROTATION

In conditions of high-risk athletes should be provided opportunities to rest using player interchange or substitution. For example, if the activity normally runs for 60 minutes, the rest period for the player should comprise at least 6 minutes during the period.

#### 7.7 FACTORS INFLUENCING ATHLETE CORE BODY TEMPERATURE

Major factors known to influence the core body temperature of an athlete include:

- a) **External Factors such as**
  - i. Ambient temperature
  - ii. Radiant heat – direct sunlight
  - iii. Humidity
  - iv. Wind
  - v. Exposure time
  - vi. Clothing e.g., dark clothing, headgear, shoulder pads.
  - vii. Stimulants such as caffeine have a negative effect
  - viii. Medications – check with your doctor



## 7.8 EDUCATION

### a) Athletes should

- i. Report to medical staff previous episodes of heat illness
- ii. Report to coaching and medical staff, any current viral infection especially if associated with a temperature – this should be re-emphasised to players regularly
- iii. Avoid using stimulants (caffeine) prior to training
- iv. Always start a training session well hydrated
- v. Always drink fluids during a training and playing session
- vi. Report early the signs of heat stress - cramps, headaches, nausea, vomiting – managers and coaches should re-emphasise to athletes regularly

## 7.9 INCREASING SYMPTOMS OF EXCESSIVE HEAT EXPOSURE

### a) Heat Rash

An itchy and painful skin rash, caused by blockages of the sweat ducts and an increase in pressure of the sweat ducts.

### b) Heat Cramps

Painful cramps affecting various muscles or muscle groups / parts of the body. Heat cramps are often the first sign that the body is having difficulty and is most common in lower extremities and abdominal cavity. Symptoms include:

- i. Heavy sweating, tired and thirsty
- ii. Moist cool skin
- iii. Irritability
- iv. Loss of appetite
- v. Nausea
- vi. Prickly heat rash
- vii. Muscle spasms / twitching
- viii. Painful muscle cramps (abdomen, arms, and legs)

#### Treatment (First Aid) includes:

- i. Move person to a cool place (e.g., cool shady area, air-conditioned environment)
- ii. Lay person down with legs supported and slightly elevated
- iii. Loosen clothing
- iv. Cool person e.g., apply cool wet cloths to person's head and body, fan them
- v. Give frequent sips of cool electrolyte solution. ask advice from medical staff if recovery takes more than 30 minutes to start.
- vi. If vomiting starts, seek medical assistance immediately

## 8 ANTI-DOPING

---

- a) Athletes may be subject to random drug testing (Anti-Doping) which shall be administered by the applicable host country anti-doping authority.
- b) Sports Integrity Australia provides that resource which constantly updates the "[Prohibited substances and methods | Sport Integrity Australia](#)" It is not the responsibility of Maccabi World Union, the International Maccabiah Committee, the International Sports Committee or the Organising Committee to publish and maintain a list of "banned substances and practices" for referral by athletes.
- c) If it is determined that a Team Member athlete has violated any Anti-Doping regulation, he/she may be subject to disciplinary action, including possible punitive action by the Maccabiah Games Organisers.



## 9 SUPPLEMENTS GUIDELINE

### 9.1 BACKGROUND

As athletes may be tested for doping at the Games, this Supplements Guideline aims to provide guidance and raise awareness on:

- a) Assisting athletes to minimise the risk of supplement use leading to a doping offence.
- b) Assisting athletes to minimise the risk of supplement use leading to adverse health outcomes.
- c) Appropriate use of Sports Foods and Supplements and to support athletes who choose not to use Sports Foods and Supplements.
- d) Ensuring that Supplements and Sports Foods that are not banned in sport, have an insignificant risk of health and doping issues, and their use is supported by scientific evidence in sporting situations.
- e) Recommending Sports Foods and Supplements are used correctly and appropriately to deliver maximum benefits to training, performance, and recovery.

### 9.2 WHAT IS A SUPPLEMENT?

**Supplements include *any* synthetic *or* natural chemical in the form of a **formulated food, tablet, capsule, gummy, liquid, tincture, or powder** that is ingested for the intended purpose of enhancing health and function, including athletic performance.**

#### 9.2.1 Supplements can be divided into a:

- a) **Formulated Sports Food or Beverage** designed to provide specific nutrients often found in food in a conveniently packaged form that can be consumed before, during or after exercise for the intended purpose of enhancing exercise capability, promoting recovery / adaptations, and / or performance. Examples include protein powders, sports drinks, and sports gels.
- b) **Medical Supplement** designed to reverse a known nutrient deficiency (e.g., iron or Vitamin D), to optimise immune function (e.g., Probiotics), or to assist in the treatment of injury and rehabilitation (e.g., fish oils).
- c) **Performance Supplement** covers all products that claim to provide a direct enhancement of sports performance by mechanisms other than meeting the goals of everyday nutrition. Examples include creatine, caffeine, and sodium bicarbonate.

### 9.3 WHY DO PEOPLE TAKE (OR FEEL THE NEED TO TAKE) SUPPLEMENTS?

- a) To gain an edge
- b) To recover faster from an injury
- c) To train harder/longer/stronger
- d) To build strength / To build stamina
- e) To win / Not to lose

### 9.4 SUPPLEMENTS FACTS

- a) 50% of Sports Integrity Australia's positive tests are because of supplements
- b) A recent IOC study showed that 15% of supplements on the market are contaminated with prohibited substances
- c) Human and Supplement Testing Australia (HASTA) recently analysed 63 supplements bought from physical sites and online distributors
  - i. Ten of these substances were found to contain prohibited substances not declared on the label



- ii. Six were found to contain one or more banned stimulants and four had one or more banned steroids. The most found prohibited substance was DMAA (Methylhexanamine).
- d) **Supplements continue to be the source of preventable anti-doping rule violations both in Australia and overseas.**
  - i. A recent survey shows that supplements purchased in Australia pose a significant risk to athletes.
  - ii. Athletes who take supplements are at risk of committing an anti-doping rule violation.
- e) ARE THEY WORTH THE RISK? Speak to a dietician/nutritionist about how you can get the same benefits from food.

#### 9.5 FOOD-FIRST APPROACH

- a) The philosophy of Maccabi Australia Inc (MAI) is to place emphasis on real foods and promote the importance of eating a well-planned performance-focused diet to support training and competition, as well as the long-term health of the athlete.
- b) Athletes under/18 should focus on whole foods to provide their nutrition and recovery needs, and to support training and skill acquisition, to facilitate gains in sports performance. MAI does not recommend supplement use for athletes under/18.

#### 9.6 PRINCIPLES FOR USE OF SPORTS SUPPLEMENTS

- a) Athlete health and safety is paramount
- b) Must be evidence-based: compelling evidence and a clear rationale to support an athlete's need for supplements
- c) Supplements should only be used if an athlete's recovery or needs cannot be met through nutritional measures
- d) Tailored to individual athlete's needs
- e) The use of a supplement must be in the context of a strong nutrition program
- f) Complies with the WADA Code
- g) Refer to [Appendix 3A](#) for "Should I take this Supplement?" and [Appendix 3B](#) for "Risks associated with Supplement use" (Swimming Victoria 2017)

#### 9.7 STRICT LIABILITY

- a) Athletes are responsible for their own liability in accordance with the WADA code
- b) The athlete will be held strictly liable for any substance found in their body, whether the substance was intentionally ingested or otherwise
- c) Information on whether a drug or supplement is banned in sport can be found at: [Globaldro](#)

#### 9.8 THERAPUTIC USE EXEMPTION (TUE)

Refer [Section 2.4](#)



## 10 APPENDIX 1 – SUGGESTED PACKING LIST

---

### 10.1 GENERALLY

- Label all luggage clearly with **Team Member's name and sport**
- Label clearly all playing strips and uniform with your name
- Adhere to all travel weight restrictions, air travel e.g., volume of liquids in carry-on, no sharps, aerosols etc.
- Scan and save a copy of your passport and tickets in your email account/drop box/google drive, plus copy in baggage
- Take a photo of your luggage before you depart

#### 10.1.1 CARRY-ON LUGGAGE

- Wear travel T-shirt to airport
- Tickets, passport
- Pen
- Bank card/cash
- Sunglasses/glasses/contact lenses
- Phone- unlocked, cables, charger
- Snacks for plane
- Toiletries
- Light jumper for plane
- Headphones, book, magazine
- Travel pillow
- Playing strip
- Playing footwear

#### 10.1.2 TOLLETRIES

- Soap/Body wash
- Shampoo/conditioner
- Hairbrush/comb
- Hair ties/clasps/clips
- Toothbrush, toothpaste, dental floss
- Hand sanitizer/Wipes
- Tampons, pads for girls
- Shaving gear
- Nail scissors/clipper- in checked luggage
- Nail file
- Sunscreen, lip balm
- Moisturizer
- Towel / Sports Towel

#### 10.1.3 MEDICAL

Please understand that neither we nor the medical can supply these items so it is essential that each person brings with what you need for your own personal use. Team managers will remind you all about this.

- Prescription medication (clearly labelled– enough for 4 weeks)
- Sun block minimum factor 30
- Insect repellent e.g., Bushmans
- Ice packs
- Band aids
- Antiseptic ointment (Betadine, Dettol, Savlon)



- Tissues/cotton balls/cotton buds/ tampons/sanitary pads
- Deepheat/ Voltaren gel/ Tiger balm etc.
- Paracetamol
- Strepfen / strepsils throat lozenges
- Ibuprofen
- Cold and flu tablets (with phenylephrine, NOT pseudoephedrine - this is a WADA banned substance in competition)
- Imodium zapid wafers or Lomotil or similar
- Antiemetic such as Stemetil or Zofran
- Broad Spectrum Antibiotics such as Cephalexin or Augmentin Duo forte.
- Plenty of Hydralyte tablets or similar (at least 3 tubes for each athlete as 1 tablet dissolves in 100ml of water)

#### 10.1.4 EQUIPMENT AND OTHER

- Sports gear for your sport, mouthguard, compression gear
- Foam rollers, spiky balls, TheraBand etc.
- Pre-wrap/strapping that you routinely use/knee brace
- Hydralyte tablets
- Water bottle
- Double adaptor, Israeli plug, tool to eject sim card
- Ziploc bag for food
- Snacks (recovery food etc.)
- Portable power pack / portable charger for your mobile phone.

#### 10.1.5 CLOTHING

- Please label all clothing with a laundry marker
- All Team Australia uniform
- White Runners (you will need these for the Opening Ceremony)
- Underwear. (sports bra, regular bra)
- Socks
- Something to sleep in
- Bathers
- Nice casual wear for Shabbat (one or 2)
- Kippah
- Footwear Thongs/sandals/casual shoes/runners, spare laces- for boots/spikes
- Laundry bag
- Clothing detergent for hand washing, Travel clothesline
- Beach towel
- Hat

#### 10.1.6 POWER SOCKETS FOR ISRAEL

In Israel, the power plugs and sockets are of type C and H. The standard voltage is 230 V, and the standard frequency is 50 Hz.

- Type C: also known as the standard "Euro" plug. This socket also works with plug E and plug F.
- Type H: this type is unique to Israel, but it also works with plug C.



Type C: This socket also works with plug E and F



Type H: This socket also works with plug C



11 APPENDIX 2 – SLEEP HYGIENE AND RECOVERY STRATEGIES

# Sleep Hygiene and Recovery Strategies in TEAM SPORT PLAYERS

By Mathieu Nédélec et al., Sports Medicine, October 2015  
Designed by @YLMSPortScience





## 12 APPENDIX 3A –SHOULD I TAKE THIS SUPPLEMENT?

# SHOULD I TAKE THIS SUPPLEMENT?

3

QUESTIONS

### 1. IS IT SAFE?

WILL IT AFFECT YOUR HEALTH?

- Herbal supplements may cause liver damage
- Stimulants can impact sleep and recovery
- Protein powders may contain heavy metals
- Using multiple supplements in high doses can lead to vitamin and mineral toxicity
- For more information about the Safety of Dietary Supplements see [vic.swimming.org.au/athlete-support](http://vic.swimming.org.au/athlete-support)



*Don't risk your health for a supplement!*



### 2. IS IT LEGAL?

DOES IT CONTAIN BANNED SUBSTANCES?

- Look at the ingredients list for banned substances
- High risk supplements for contamination are pre-workouts, fat burners, hormone regulating herbal supplements
- Look for products independently tested for banned substances
- For information about Supplement Contamination see [vic.swimming.org.au/athlete-support](http://vic.swimming.org.au/athlete-support)

*Don't risk a ban from the sport you love for a supplement!*



### 3. WILL IT WORK FOR ME?

AN ACCREDITED SPORT DIETITIAN, SPORT PHYSICIAN ALONG WITH THE AIS SUPPLEMENT FRAMEWORK WILL HELP YOU DECIDE IF A SUPPLEMENT WILL WORK FOR YOU.

Evidence a supplement works is NOT:

- A fellow swimmer takes it
- Family friend sells it and says it works
- The supplement store guy (who gets commission on the SUPPLEMENT) recommends it
- The supplement company says it works
- For information about 'will it work for me?' See [vic.swimming.org.au/athlete-support](http://vic.swimming.org.au/athlete-support)



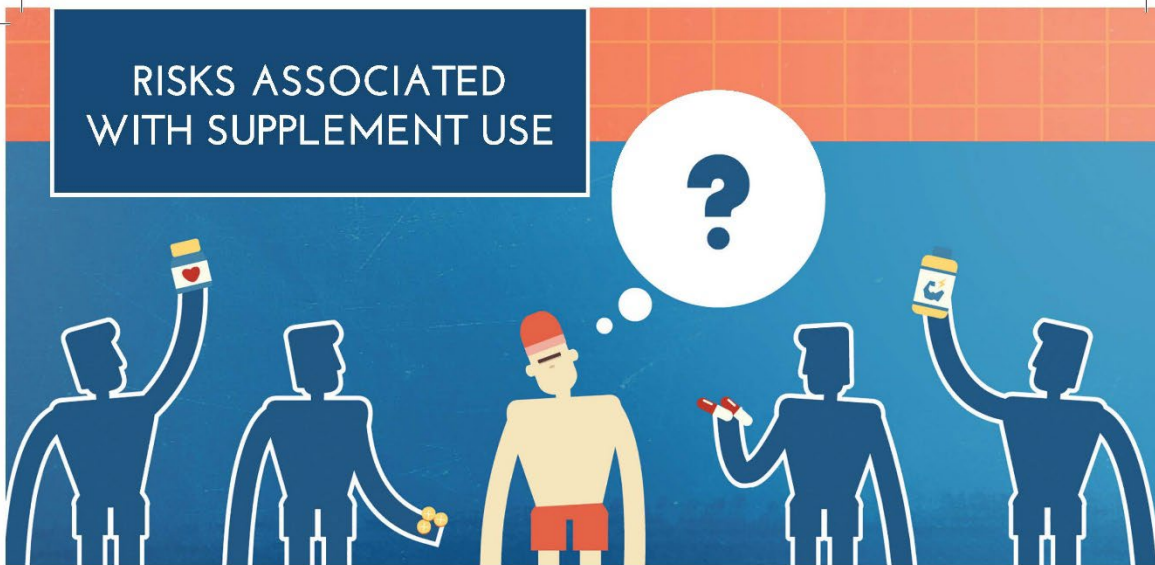
*Don't take a supplement in the hope that it will work - it wastes time, money & effort!*

*If you do choose to use a supplement make sure you record the Brand, Product, Flavour and Batch number.*





### 13 APPENDIX 3B – RISKS ASSOCIATED WITH SUPPLEMENT USE



#### RISKS OF USING SUPPLEMENTS?

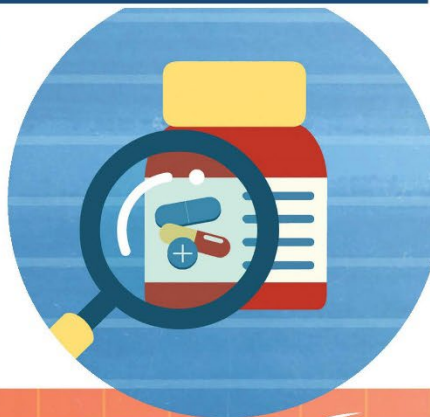
- Long and short term health risks
  - Supplements have been shown to cause major health problems - like liver damage, heavy metal accumulation, sleep and recovery issues and nutrient toxicity.
- Supplements can contain banned substances
  - Up to 10-15% of supplements could be contaminated with banned substances. Some are put there by manufacturers and included on the label, others are due to contamination issues during manufacturing.

*Are you savvy enough to know what supplements are safe?*

If you are thinking that supplements in Australia are safe or free of doping products - think again. Recently 2 Australian swimmers were sanctioned for taking supplements that contained a banned stimulant.

#### ARE CERTAIN SUPPLEMENTS AT HIGHER RISK?

Although all supplements and sports foods can be contaminated through cross-contamination during manufacturing, certain groups of supplements are higher risk. Supplements claiming large increases in muscle, losses in fat, or significantly boost training are higher risk.



[vic.swimming.org.au](http://vic.swimming.org.au)

 swimming  
victoria



- **Cross Contamination**
  - Small amounts of banned substances can find their way into supplements during manufacturing. This can happen in a number of ways from residue left on mixing and packing machines to dust in the air.
- **Dishonest Supplement Companies**
  - Most supplement companies are reputable and make products free of contamination. A number of companies produce products for people not interested in the World Anti-Doping Agency (WADA) code and these supplement companies add banned substances to their supplements to improve the supplements performance.
- **Listed under an obscure name**
  - The WADA list of banned substances are named as banned chemicals. This can differ from the ingredient name stated on an ingredients list. Some supplements list banned substances as different chemical names or as a botanical. Therefore read labels carefully and if you don't know exactly what it is don't take it.

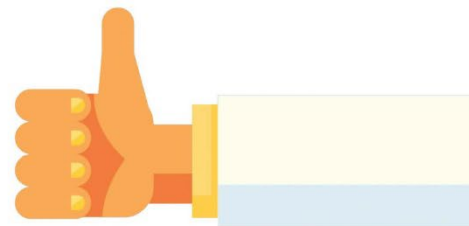
## MINIMISE YOUR RISK

- **Use products independently tested for banned substances**
  - One way of reducing the risk of contamination is to ensure the supplement you are using is from a company that independently test their supplements for banned substances before they go on sale to the public. Swimmers should look for certification marks (eg. Informed Sport) when buying any new supplement.

## THE REALITY

Many swimmers use supplements and although there is a large number that claim to work, only a very small number of supplements have been proven to work especially for athletes. Supplements aren't a magic bullet and can't replace hard training, good recovery and a well-planned diet.

*The responsibility lies with the swimmer!*



Swimmers are responsible for anything WADA finds in your body (called Strict Liability). Swimmers need to be extremely diligent with their supplement use to ensure they do not become one of the athletes failing doping tests due to supplement use.



[vic.swimming.org.au](http://vic.swimming.org.au)





## 15 APPENDIX 4 – MAI CODES OF CONDUCT [EXCERPT FROM THE MAI MEMBER PROTECTION POLICY]

---

This Code of Conduct outlines the minimum standards of behavior for anyone involved in Maccabi. The Code of Conduct applies both on and off the sporting field and at all Maccabi - sanctioned events. It summarizes the overarching principles that apply to all Maccabi Participants.

### 15.1 ATHLETE CODES OF CONDUCT

- a) understand and play by the rules.
- b) respect referees and other officials.
- c) control your temper.
- d) work equally hard for yourself and for your team.
- e) be a good sport.
- f) Always give your best; and
- g) participate for your own enjoyment and benefit.



## 16 DEPARTMENT OF FOREIGN AFFAIRS INFORMATION

---

The following is the latest (February 2022) extract from the Australian Government, Department of Foreign Affairs, Smart Travelers Guide.

This is provided to give you further information on the current situation in Israel, and to assist you in understanding the Australian Governments concerns.

### Safety

- Israel is a target for terrorism, rocket fire and military confrontation. Terrorist attacks could happen at any time or anywhere. Always be alert. Have an exit plan. Tension and security risks exist close to Israel's borders with Lebanon, Syria, and Egypt. Rocket attacks and military activity are threats. Gaza's border areas can be dangerous.
- Security in the West Bank is unpredictable. This includes Bethlehem, Hebron, Jericho, and Ramallah. Tensions are high. Violence occurs. Take care around West Bank checkpoints. If you are in the West Bank during military action or civil unrest, stay in a safe place indoors. Take care when visiting the Old City in Jerusalem. Monitor media for the latest update.
- Gaza and waters off the coast of Gaza are extremely dangerous. Injuries occur during clashes. Demonstrations are common. We may not be able to provide consular help in Gaza.
- The threat of civil unrest in the West Bank and Gaza is high. Security could worsen without warning. The Israeli Defence Force (IDF) may declare an area a closed military zone. Authorities can arrest civilians in these zones.
- Demonstrations could happen anywhere in Israel and the Palestinian Territories. Increased tensions can occur around religious and commemoration events and following political developments. Particularly in and around the Old City in Jerusalem. Avoid demonstrations.
- Kidnapping is a risk in Gaza and the West Bank.

### Crime

- Violent crime, other than terrorism and politically motivated violence, is rare.
- But purse snatching, pickpocketing and petty theft can happen.
- Theft from vehicles may happen, especially in beachside areas.
- Australians have reported thefts from unattended vehicles near tourist sites.

### Terrorism

- Israel continues to be a target of terrorist attacks.
- Local and international political developments and events may lead to terrorist attacks.
- Attacks could happen anywhere, at any time.
- There have been fewer terrorist attacks in Israel, the West Bank and Gaza in recent years. However, terrorist attacks still happen.



- Terrorists have attacked buses, public transport hubs and tourist areas. These include the Old City in Jerusalem, Jaffa, Saron Market and Dizengoff Street in Tel Aviv.
- Be alert to threats, especially:
  - at tourist locations, religious sites and crowded public places
  - near police checkpoints
  - in regions bordering Egypt, Syria, and Lebanon
- Australian Government officials and their families are advised not to use public transport in Israel, the West Bank and Gaza. This is because of safety and security concerns. Taxis are an exception.
- Militant and terror groups operate in regions of Egypt, Syria and Lebanon that are close to Israel. This makes travel close to borders with those countries dangerous.
- There have been several attacks against foreigners, including [kidnappings](#).
- When planning your activities reconsider going to places known to be terrorist targets. Think about the level of security provided.
- Take care when travelling to a region where there are terrorists, or somewhere that terrorists could target. Have an exit plan in case there is a security incident.
- To stay safe:
  - do not use public transport other than taxis
  - report any suspicious activity or items to police
  - regularly check local and international media for news about any new or emerging threats
  - take official warnings seriously
  - follow the advice of local authorities
- If there is an attack, leave the area as soon as it is safe.
- Terrorism is a threat worldwide.

### Health

- [COVID-19](#) remains a risk in Israel and the Palestinian Territories.
- Infectious diseases are a risk. Drink boiled or bottled water.
- West Nile virus can occur. There is no vaccine to prevent it. Use insect repellent. Make sure your accommodation is insect-proof.
- The standard of medical facilities in Israel is reasonable. Facilities in the West Bank and Gaza are limited and if you become seriously ill or injured, you may need to be evacuated. Make sure your travel insurance covers this.

### Local laws

- The Sabbath in Israel happens from sunset Friday until sunset Saturday. In Orthodox neighbourhoods, driving or using a mobile phone or digital camera on the Sabbath may offend people.
- Do not use or carry illegal drugs. Penalties are severe.
- You must always carry originals or copies of your passport, visa, or entry permit in the Palestinian Territories.
- Palestinian law has the death penalty for some crimes including treason, helping an enemy and murder.



- Gaza has Islamic law. Drinking alcohol and same-sex acts are illegal. Take care not to offend in Gaza and the West Bank. Avoid public displays of affection. Dress conservatively.
- Authorities have imposed rules on social distancing, public gatherings and wearing face masks.

### Travel

- You cannot enter Israel unless you are a citizen or resident, or you receive approval from the Exceptions Committee. See the announcement by the Israeli Government from 27 November 2021. See the Israeli Ministry of Health's [website](#) for details.
- Israel has previously implemented nationwide lockdowns to limit the spread of COVID-19. Further lockdowns are possible.
- The Palestinian Authority has extended the state of emergency and put measures in place to restrict the spread COVID-19.
- The crossing into Gaza with Egypt - Rafah - is open from Sunday to Thursday for Gaza residents. Gaza's crossing with Israel - Erez - is operating with restrictions. Both are subject to closure with little notice.
- By law, you are considered Israeli if one or both of your parents are Israeli. Israeli citizens must enter and leave on an Israeli passport. Authorities will consider you a Palestinian national if you currently hold, or used to hold, a Palestinian ID card. You may need to get a Palestinian travel document.



# TEAM AUS

**ATHLETE MANUAL**  
**ATHLETE, OFFICIALS & SUPPORTERS**



**ONE TEAM ONE DREAM**