



FIBA

We Are Basketball



IMPROVE YOUR... JET LAG MANAGEMENT

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JET LAG CONSIDERATIONS

FIBA referees are regularly called upon to travel large distances to participate in national and international competitions. Whether travelling domestically or internationally, travelling creates some unique challenges for basketball referees.

Jet lag recommendations are for travels that cross more than 3 time zones. In these types of travels, referees may experience insomnia, gastrointestinal problems and a decrease in their physical performance,... Following the below considerations may minimize these jet lag effects.

The long periods of inactivity during the plane journey may lead to the pooling of blood in the legs and in susceptible people cause a deep-vein thrombosis. For this reason, we recommend you follow the procedures below:

1. Make sure you get plenty of sleep in the days before traveling to minimize residual sleep debt.
2. The first thing you have to do before you board the plane is to adjust your watch to the local time at your destination. That will help you to start adjusting your body to the time zone where you have the Competition.
3. You should drink around 500 ml (two glasses) every 2 hours, preferably fruit juice or water, to compensate for the loss of water from the upper respiratory tract attributable to inhaling dry cabin air.
4. Stand up and walk every two hours for at least 2 minutes on the plane. It is also ideal to perform some light stretching exercises.
5. During a night flight, it is strongly recommended that you sleep 4-5 hours to help your body adjust to the local time zone at your destination.
6. If you arrive at your final destination at night, it is better not to sleep in the plane because it will be much easier to fall asleep when you arrive at the hotel.
7. Naps should be avoided for the first few days because a long nap at the time the individual feels drowsy (presumably at the time he/she would have normally been asleep in the time zone just departed from) anchor the rhythms of their former phases and delays the adaptation to the new time zone.
8. Use of Melatonin. Melatonin is intimately involved in the body's circadian regulation of sleep. Recent scientific studies concluded that exogenous melatonin use is effective in preventing and treating jet lag and that short-term use appears to be safe. The studies recommended melatonin for adults traveling across 3 to 5 or more time zones. It is advisable to take Melatonin (small dose of 1 mg) in the morning upon rising (non-soporific dose). Less effective to take on flights to the West and more effective on flights to the East. Referees should seek medical advice prior to taking Melatonin or any other medication prior to travel.
9. Sleeping pills have been used by some traveling athletes to induce sleep while on board a flight. These drugs have not all been satisfactorily tested for subsequent residual effects on motor performances. They may in fact be counterproductive if administered at the incorrect time. Our suggestion is not to take them unless you have first checked with your doctor.

- 10.** If you know that the flight is longer than 3-4 hours, consider wearing compression socks during the flight. Remove the socks every 3-4 hours to ensure proper benefits. After 30-40 minutes you can put them on again. There are specific compression socks for travelling.
- 11.** It is really important to do some light physical activity as soon as you get to the hotel unless you arrive late at night, in which case it is advisable to sleep. Light physical activity includes jogging for 15-20 minutes followed by a good stretching session. Be careful with strength exercises because your body may be fatigued even though you don't feel it.
- 12.** It is helpful to adjust to the time zone in your final destination prior to your departure. For example, if you are travelling to a place where the local time is 3-4 hours behind your local time, go to bed early during the 3-4 days before your trip and it will decrease jet lag effects. If on the other hand, the time is ahead of your local time, go to bed later and get up later to start adjusting your body to the time zone.
- 13.** To prepare for the fitness test, if you usually train in the afternoon and the fitness test will be in the morning (plus jet lag effects) train the week before at a similar time as the fitness test. This is another reason why it is really important to do some light activity as soon as you get to the hotel in order to help you to minimize the effects of jet lag. Except for some special places in the world, because of the altitude or the humidity, 2 days of physical activity prior to the fitness test should be enough to get used to the climate. The fitness test usually takes place on the 2nd day of the Pre Competition Camp.

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