



**FIBA**  
We Are Basketball

# IMPROVE YOUR... JET LAG MANAGEMENT



## 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.

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- 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.
- 2- You should drink around 50 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.
- 3- 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.
- 4- 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.
- 5- 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.
- 6- 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 been asleep in the time zone just departed from) anchor the rhythms at their former phases and delays the adaptation to the new time zone.
- 7- 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.
- 8- 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.

- 9- 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 jogging, plus a good stretching session. Be careful with strength exercises because your body may be fatigued even though you don't feel it.
- 10- 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.
- 11- 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 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 Clinic.

# STANDARD QUALITY

## GLOBAL CONNECTION

International Basketball Federation  
FIBA  
Route Suisse 5 - PO Box 29  
1295 Mies  
Switzerland

Tel: +41 22 545 00 00  
Fax: +41 22 545 00 99