

REST HUB

Travel Ready

Considerations for Booking Travel

Booking travel can be challenging, often requiring a range of constraints to be identified, accounted for, and incorporated into an individual or group travel plan.

The following considerations may be used to identify differences in travel options, guide discussion, and assist decision-making.



Plan early, arrive early

Begin planning as soon as possible.

Arrive with sufficient time for the body clock to adapt to the new time zone.



Travel duration

Aim for the shortest travel duration possible.

Minimise the time between the last proper sleep at home and the first proper sleep at the destination.



Stopovers

Aim to minimise stopovers.

Where possible, avoid stopovers in the middle of the night (departure time).



Jet lag

For some travel routes there may be an optimal time of day to arrive at your destination.

To reduce jet lag and adapt to a new time zone as quickly as possible, obtain a jet lag adaptation plan to implement on arrival.



Be travel ready

Consider whether any of the following would assist athletes and sport support staff to be Travel Ready and enhance post-travel performance outcomes.

- > Strategic application of recovery strategies.
- > Post-travel recovery program and protocols.
- > Heat preparation strategies (e.g., heat acclimation).
- > Heat management strategies (e.g., cooling strategies).