



Medical Advisory:

Before applying for the race and coming on race day, please review these medical scenarios based on the 2020 PAR-Q+:

1. Has your doctor ever said that you have a heart condition or high blood pressure?
2. Do you feel pain in your chest at rest, during your daily activities of living, or when you do physical activity?
3. Do you lose balance because of dizziness, or have you lost consciousness in the last 12 months?
4. Have you ever been diagnosed with another chronic medical condition (other than heart disease or high blood pressure)?
5. Are you currently taking prescribed medications for a chronic medical condition?
6. Do you have a bone, joint, or soft tissue (muscle, ligament, or tendon) problem that could be made worse by becoming more physically active?
7. Has your doctor ever said that you should only do medically supervised physical activity?

The above questionnaire helps identify any potential health risks associated with physical activity. You are strongly advised to consult your personal physician before embarking on training and participating in the long-distance race. If you have answered 'YES' to any of the above 2020 PAR-Q+ questions, it is even more reason for you to seek medical advice before you commence training and participate on race day. While long-distance running has its health benefits, it's crucial to acknowledge the reality of your body, mind, and the inherent risks associated with negotiating such extended distances. Train responsibly and ensure you are fit to participate safely.

Only a doctor who is familiar with your unique medical history, current health status, medications, and pre-existing risk factors can provide guidance on your suitability for training and participation in the TATA STEEL JAMSHEDPUR HALF MARATHON 2024. By following these straightforward steps and heeding the counsel of your physician, you'll be better equipped to make informed decisions about participating in the race.

Pre-Race Preparation and Education -

- Hydration and Nutrition:

Ensure you are well-hydrated and maintain balanced nutrition in the days leading up to the race. Familiarize yourself with the locations of hydration stations along the course and consider carrying your own hydration if needed. Avoid alcohol and caffeinated beverages before the race, as they can contribute to dehydration.

- Environmental Awareness:

Be aware of the environmental conditions expected on race day, such as temperature, humidity, and air quality. Acclimatize to these conditions in your training runs and dress accordingly. If air quality is poor or temperatures are high, adjust your race pace and hydration strategies to stay safe.



- Health Screening:

If you have any pre-existing medical conditions or concerns, especially a history of cardiovascular issues, it is essential to undergo a health check-up well before race day. Ensure you are cleared to participate and follow any medical advice provided.

On the Race Day

- Warm-Up and Stretching:

Begin your race day with a proper warm-up, including light jogging and dynamic stretching, to prepare your muscles and joints. This helps to prevent injuries and primes your body for the physical exertion ahead.

- Elevation and Acclimatization:

Although the Jamshedpur Half Marathon is mainly a flat course, there are a few sections with slight elevation. It's essential to prepare ahead of time for these elevations by incorporating hills and inclines during your training regime. Additionally, it's vital to acclimatize from humidity and temperature changes in the weeks leading up to the event, particularly if you are an out-of-town runner.

Race Day Safety Tips

- Before you reach the venue, we recommend taking a moment to complete the emergency contact information on the back of your bib. This information should include details such as allergies, medical conditions, and the contact's name and mobile number of the person we can call in case of any emergency. Such a person should be easily reachable on race day and should ideally not be a participant in the 2024 Tata Steel Jamshedpur Half Marathon. You agree, represent, and undertake that the information shared is true and legal. You agree that the Company shall not be held liable in any manner whatsoever for any wrong/invalid/half information/details submitted.

Listen to Your Body:

Pay close attention to how your body feels during the race. Do not ignore symptoms such as dizziness, chest pain, or severe shortness of breath. If you experience any of these symptoms, slow down, rest, and seek medical help at the nearest aid station.

Pacing: Start at a manageable pace and avoid overexertion, especially considering the gradual rise in temperature as the morning progresses. Run at your own comfortable pace. As soon as you feel overexerted or feel dizziness, gasping for breath, palpitations, or a sinking feeling, chest pain, stop right there and seek help at the nearest medical camp.



Hydration:

Begin hydrating well in advance and continue throughout the race. Utilize the hydration and electrolyte stations along the route. Sip small amount of water frequently rather than large amounts at once. Include electrolyte drinks when available to replenish lost salts, especially with the temperature reaching 36°C along with humidity of about 51%. Water and energy drink stations will be readily available along the route. Nevertheless, understanding your body, its specific requirements, and your judgment and decision to be adequately hydrated from time to time will help you complete the race. However, do not unnecessarily stop at every station to avoid overhydration. Furthermore, it is crucial to avoid excessive rehydration immediately after the race. Rehydration should be a gradual process over the next 24 hours. Runners can monitor their fluid status in training through two methods: (i) measuring weight before and after a run while lightly dressed, aiming to maintain or lose no more than 2% of body weight, and (ii) monitoring urine colour to ensure it stays yellow, indicating adequate hydration, as overly clear urine could indicate overhydration, while dark urine could signal dehydration. As each body is unique, the above are just indicators/pointers. Medical and professional advice is recommended at all stages during training, during the race, and after the race.

- Cooling Strategies: -

Use water stations to splash water on your face and body to cool down. Wet sponges or misting stations can also help reduce body temperature. Consider wearing a damp neck scarf or headband for additional cooling. If feeling overheated, slow your pace or take brief walking breaks to prevent heat-related issues.

- Race Course Awareness:

Familiarize yourself with the racecourse, including the locations of medical aid stations, hydration points, and challenging segments like uphill sections. Knowing the course will help you manage your effort and stay safe.

Post-Race Recovery/ Care:

Cool Down: After finishing, as you cross the finish line, do not suddenly come to a halt. Keep walking ahead – this is a medical need. During any prolonged physical activity, the body's blood supply tends to shift towards the extremities and away from internal organs. Therefore, it's advisable for runners to continue walking and try breathing normally after completing the race. Standing still or abruptly stopping can induce feelings of nausea, dizziness, and weakness, often leading to fainting. Walking will help redistribute blood flow to vital organs, so it is recommended to stay in motion. This is particularly important given the high daytime temperature. If at any point you feel the need for assistance, please reach out to one of our medical personnel.

Rehydration and Nutrition: Continue to hydrate post-race with water and electrolyte solutions. Consume a balanced meal with carbohydrates and protein within 30-60 minutes to aid muscle recovery.



Monitoring for Heat- Related Illnesses: be vigilant for symptoms of heat related illnesses, such as dizziness, headache, nausea, excessive fatigue, or confusion. given the forecasted temperature, the risk of heat exhaustion or heat stroke is heightened. Seek medical attention immediately if these symptoms occur.

Emergency Protocols

- Recognizing Medical Emergencies:

Be aware of the signs of serious conditions such as heat stroke, hyponatremia, or cardiac events. Symptoms may include confusion, loss of consciousness, severe headache, nausea, or chest pain. If you or a fellow runner experience any of these symptoms, do not hesitate to visit the medical tents and alert the medical staff immediately. Medical personnel are on hand to assist with any concerns, no matter how minor they may seem.

- Emergency Contacts: Know the emergency contact procedures and where to find medical assistance on the course and at the finish line. Keep emergency contact information easily accessible and ensure that those close to you are aware of your race day plans.

This advisory is designed to help you stay safe, perform your best, and enjoy the race. Prioritize your health and well-being at every stage of your preparation and participation.

Medical Services on Race Day

Tata Main Hospital (Event's Medical Partner) will have the following medical facilities at the event venue/s and on the route, strategically staffed with a variety of healthcare professionals to provide basic first aid to those in need. Medical personnel can be identified by their medical volunteer t-shirts. In case of injury or feeling unwell, please don't hesitate to approach a member of the medical team for support. Please refer to your respective race route maps for medical facilities deployed for your race category and indicative locations thereof.

- Fully equipped Medical Base Camps Post Finish Line/s

- Medical stations on course

- Medical aid station at the Half Marathon start

- Medical aid station within post finish zones

- Well-equipped ambulances

- Paramedics on bikes

- Medical Spotters placed every 100m during the last 2 km of the half marathon to identify participants in need of medical attention.

Responsibilities of Every Participant



It would be the sole discretion and responsibility of the participant to decide whether to participate on the race day if it coincides with a religious and/or cultural festivity wherein he/she follows a choice to fast.

Consult your physician before starting any exercise program. If you have diabetes, low/high BP, known personal or family history of cardiac diseases or any other health concerns/diseases for which your doctor has recommended ongoing treatment, or have recently undergone major surgeries, recovered from post-COVID or any respiratory viral infection or experience exercise-induced symptoms such as chest pain, shortness of breath, dizziness, or fainting, seeking medical advice is essential. This ensures you are well-prepared and aware of potential health risks associated with distance running, promoting a safe and enjoyable experience on race day.

Fill out the emergency information on the reverse of your bib number, including medical history, medications taken.

Understand the local weather forecasts and risks associated with changes in temperatures during the run.

Develop a suitable hydration plan for race day.

If you experience medical issues, seek help immediately.

Aid fellow participants in distress and seek medical assistance if required and obtain assistance from our course medical groups or the event helpline number which is **9431344553**.