

General Info for all sports

1. Introduction

The Sports Division, after the Shetland 2005 NatWest Island Games, evaluated the experience and proceeded with the planning of the competition for all sports included in the Rhodes 2007 NatWest Island Games competition schedule.

In the summer of 2007, from 30 June to 6 July the NatWest Island Games XII will take place in Rhodes, the also called "the Island of the sun".

The Organising Committee of Rhodes 2007 is dedicated to achieving technical excellence and bringing forth all the qualities, which are essential to the Games: history, peace and Island Games values.

Through Sport Guides, the Sports Division aims to provide you with detailed technical information, on every sport to be held during RHODES 2007 NatWest ISLAND GAMES XII - Rhodes 2007.

On behalf of the Sport Division, we hope that these Sport Guides will be a valuable tool for your participation in the NatWest Island Games XII - Rhodes 2007.

a. FACTS ABOUT RHODES

- Size: 1.398 km²
- Population: 100.000
- Rhodes is the capital of the Dodecanese Islands and is situated in the South-eastern part of Greece.
- Rhodes has a rich history and throughout the centuries, has always been a prime location due to the excellent climate and natural beauty. It has many well-preserved monuments, which range from the Ancient times (Kamiros, Lindos, Ialysos, Rhodes) to the Medieval (Knights Castle, Old Town) and Ottoman and finally to the present day. There are many picturesque villages where traditions and customs are still alive, and where local produce, a key ingredient in Mediterranean cuisine, are grown.
- Rhodes is known worldwide as a tourist destination. It has an international airport, which is currently undergoing expansion as well as a top quality infrastructure in tourist services and accommodation.

B. FACTS ABOUT GREECE

- Capital: Athens
- Government: Greece is a parliamentary Democracy
- Population: 10.964.080 (according to the 2001 census)
- Language: Greek. The Greek language has a history of over 4.000 years and it has been essential for the development of many Western Languages.
- Currency: Until December 2001, the Greek currency was the Drachma. It converted to the Euro (€) on January1, 2002.
- Local Time: 2 hours ahead of GMT (Greenwich Mean Time).
- Weather: During June - July is clear, warm and dry.

d. Aim of the Sport Guides

The aim of the Sport Guides is to inform all IGA member islands about competition details of each sport according to the Sport Division planning.

e. Island Games Association

IGA President	Brian Partington
IGA Vice President	Jorgen Petterson
Secretary	Kay Batty
Treasurer	Eric Legg
IGA Executive Committee members	James Johnston
	Anu Vares
Honorary Medical Advisor	Carl Clinton
Honorary Legal Advisor	Geoff Karran
Co-opted Member	Lee Minaidis

Address:

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Isle of Man, IM1 1LB
UK
Telephone/Fax (IGA office): +44(0)1624613344
Email: iga@manx.net
Website: www.islandgames.net

During the NatWest Island Games XII, Rhodes 2007 the IGA offices will be located at the Esperos Palace Hotel in the Games Village.

f. Rhodes 2007 Organising Committee for the NatWest Island Games

a. Contact details:

Address:

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85100 Rhodes
Greece
Telephone/Fax: +30 22410 39707
Website: www.rhodes2007.info
Email: info@rhodes2007.info

Chairman: Lee Minaidis, e-mail: lminaidis@rhodes2007.info
Games Director: Pantelis Georgakis, e-mail: pgeorgakis@rhodes2007.info
Games Services Director: Babis Palogiannidis, e-mail: bpalogiannides@rhodes2007.info
Sport Director: Iris Vlachoutsikou, e-mail: ivlachoutsikou@rhodes2007.info
Games Venues: Leuteris Konstantzos, e-mail: lkostantzos@rhodes2007.info
IGA Liaison: Takis Mihailidis, e-mail: tmihailidis@rhodes2007.info

g. Mission

Rhodes was selected as the host island of the 2007 NatWest Island Games in Guernsey in July 2003. The mission of the Organising Committee is to:

1. To organise a technically excellent Island Games
2. To provide competitors, spectators and volunteers with a unique experience, thus leaving a legacy for the Sports movement.
3. To reposition and promote the cultural and natural heritage of Greece in to the eyes of the member islands.
4. To promote the benefits of the Island Games throughout the Island of Rhodes



2. Games Information and Organisation Offices

The Games Information and Organisation Offices will be located in the ESPEROS PALACE HOTEL in Falliraki area. All administration issues can be solved in

1. Main Operation Centre (MOC)

The Centre of the Organising Committee will be the Main Operation Centre. Any issues can be reported to the MOC and volunteers will be at your service.

2. Sport Information Centre

a. Esperos Palace

Team and Sport managers can receive any information they require for all sports at the Sport Information Centre. Each Sport will have its own desk. Also printed results will be provided.

b. At the Venue

i. An Information desk will operate in the Competition Venue for all to receive information about the games and the general Island Games operation

3. Team Managers Meeting Room

The Team Managers Meeting room is located in the Esperos Palace Hotel. This meeting area will be used for several Technical Meetings of the Sports

a. Sport Technical Meetings

The Team Managers Meeting area will be used for several Technical Meetings of the Sports, according to the schedule of each sport

4. Accreditation Centre

Any issues with accreditation can be solved at the Accreditation Office located within the Sport Information Centre.

5. Media Centre

The Games Media centre is located in Esperos Palace. Team managers can print additional results within the Media Centre

3. Entries/Accreditation

1. Entries:

a. The deadline for the final List of Sport & Event Entries is the 30 April 2007. Input information in the Exis Administration System by the Team Manager of each island's IGA.

b. The number of participants in each sport and discipline, from each island, is described in Sport Guide of each sport

2. Accreditation

Islands' Team Managers will receive all accreditations upon arrival at their Hotel. If any issues arise please visit the accreditation centre within Esperos Palace Hotel.

4. Opening and Closing Ceremonies

1. Opening Ceremony

The Opening Ceremony will take place on the 30 June 2007 at 20:30 in the Ancient Stadium located in the town of Rhodes. All teams will be transported from their hotel to the Ancient Stadium and back after the Ceremony is over. More detailed guidelines will be given to Islands.

All athletes participating in the parade will be gathered outside the Ancient Stadium in a separate location. After the parade they will sit in the reserved seats in the Stadium to watch the Ceremony.

2. Closing Ceremony

The Closing Ceremony will take place on the 6 July at 21:00 in the Town Hall square. The Games Party will take place 100m away from the Town Hall square at the St. Nicolas Waterfront. All Teams will be transported from their hotels in front of the Sound and Light Garden where the athletes by sport will parade to the Town Hall Square (400m distance).

Shuttle busses will be available every 20 minutes from 23.30 to 1.00 to the Hotels.

5. Food Services

- a. Canteens will operate in all Competition venues offering water, soft drinks and snacks.
- b. Some venues provide hot meals at the venue and if this is not possible agreements are being made with restaurants close to the venue to accept food coupons

6. Medal Ceremonies

All Medal Ceremonies will take place in the Facility where the finals of each sport will take place. All Team Managers and sport managers will be informed of the Medal Ceremonies Schedule.

7. Medical Services

- a. The Medical Services Section, under the Sports Division, is managed by Dr. Kostas Lavdas, a former athlete with a Sports medicine specialty.
- b. The Organising Committee cooperates with all Medical Organisations on the island of Rhodes, in order to meet the needs.
- c. All islands have to inform the Organising Committee if any athlete or official any kind of allergies by the 15 May 2007
- d. The General Hospital of Rhodes will be the official Hospital of the Games
- e. No physiotherapy or massage services will be provided.
- f. An organised medical station will be located in all competition venues. Road events will be also supported by First Aid stations
- g. A Medical Station for all accredited persons will operate 24 hours at the Esperia Group Hotels
- g. A separate plan exists for the support of Ambulances for all competition and training venues.
- h. The Organising Committee is working with the Ministry of Health in order to cover all extra needs.

8. Weather Conditions

The climate in Rhodes is a mild Mediterranean climate that is characterised by sunny and dry summers and mild winters. The sun rules the island for over 300 days a year. Refreshing light cool breezes and winds from the north-northwest during the months of July and August, make these sunny days enjoyable. As an island Rhodes has quite a humid climate and some heavy rains during winter and autumn.

9. Things to know, acclimatisation and tips for heat

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Things to know

Heat Illness - Heat Acclimatization (Precautions for Athletes and Coaches)

Heat Illness. There are no excuses for heat illness if the proper precautions are taken. During hot weather conditions, the athlete is subject to the following:

- i. Heat Cramps - Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to sweating.
- ii. Heat Syncope - Weakness, fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heatstroke.
- iii. Heat Exhaustion (Water Depletion) - Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.
- iv. Heat Exhaustion (Salt Depletion) - Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.
- v. Heatstroke - An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heatstroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above mentioned heat stress problems can be controlled provided certain precautions are taken. The following practices and precautions are recommended:

1. Each athlete must have a physical exam with a medical history when first entering a program and an annual health history update. History of previous heat illness should be included.
2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the physical condition of their athletes and set practice schedules accordingly.
3. Along with physical conditioning, the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for gradual acclimatization to hot weather. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80 percent acclimatization can be expected to occur after the first seven to ten days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.
4. The most important safeguard to the health of the athlete is the replacement of water. Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum of ten minutes be scheduled for a water break every half hour of heavy exercise in the heat. Water should be available in unlimited quantities. Check and be sure athletes are drinking the water. Cold water is preferable. Drinking ample water before practice or games has also been found to aid performance in the heat.
5. Salt should be replaced daily. Modest salting of foods after practice or games will accomplish this purpose. Salt tablets are not recommended. Attention must be directed to replacing water -- fluid replacement is essential.
6. Know both the temperature and humidity. The greater the humidity, the more difficult it is for the body to cool itself. There is a weather guide for activities that last 30 minutes or more which involves knowing the relative humidity and air temperature:

Air Temp	Danger Zone	Critical Zone
70 F	80 percent RH	100 percent RH
75 F	70 percent RH	100 percent RH
80 F	50 percent RH	80 percent RH
85 F	40 percent RH	68 percent RH
90 F	30 percent RH	55 percent RH
95 F	20 percent RH	40 percent RH
100 F	10 percent RH	30 percent RH

RH = Relative Humidity

7. Cooling by evaporation is proportional to the area of skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. Never use rubberized clothing.
8. Athletes should weigh each day before and after practice and weight charts checked. Generally a three percent weight loss through sweating is considered safe and over a three percent weight loss is in the danger zone. Over a three percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.
9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight, and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance, and unsteadiness.
10. Teams that encounter hot weather during the season through travel or following an unseasonable cool period should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.
11. Know what to do in case of emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practices and prearranged procedures for obtaining medical care, including ambulance service.

Heat Stroke

This is a medical emergency. DELAY COULD BE FATAL. Immediately cool body while waiting for transfer to a hospital. Remove clothing and place ice bags on the neck, in the axilla (armpit), and on the groin area.

Heat Exhaustion

OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

Summary

The main problem associated with exercising in hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times per hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.