

# Motorsport and Medicine (WRC and Me)

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# Motorsport in Ireland

- Autocross
- Autotest
- 4x4 trials
- Hill climb and sprints
- Karting
- Midget cars
- Navigation trials
- Racing
- Rally Cross
- Rallying
- Sporting Trials

# Rally

- Special Stage Rallying
- Most popular form of motorsport in Ireland
- 1 day or 3 days
- Stages - open road closed to public on the day
- Dirt or tarmac or snow
- Timed over route

# Rally



# WRC and ME

- How?
- Role
- Lows and highs

# How?

- MRCGP
- MSc Sports Medicine
- BMJ Classified







# Role





# Role

- GP/Travel Medicine
- Sports Medicine
- Testing
- Rally

# GP/Travel Medicine

- 80 people in total up to 40 travelling
  - Drivers/Co-drivers
  - Mechanics
  - Management/support staff/hangers on

# GP

- Assessment – Baseline medical and screening
- Illness while in UK and travelling

# Travel Medicine

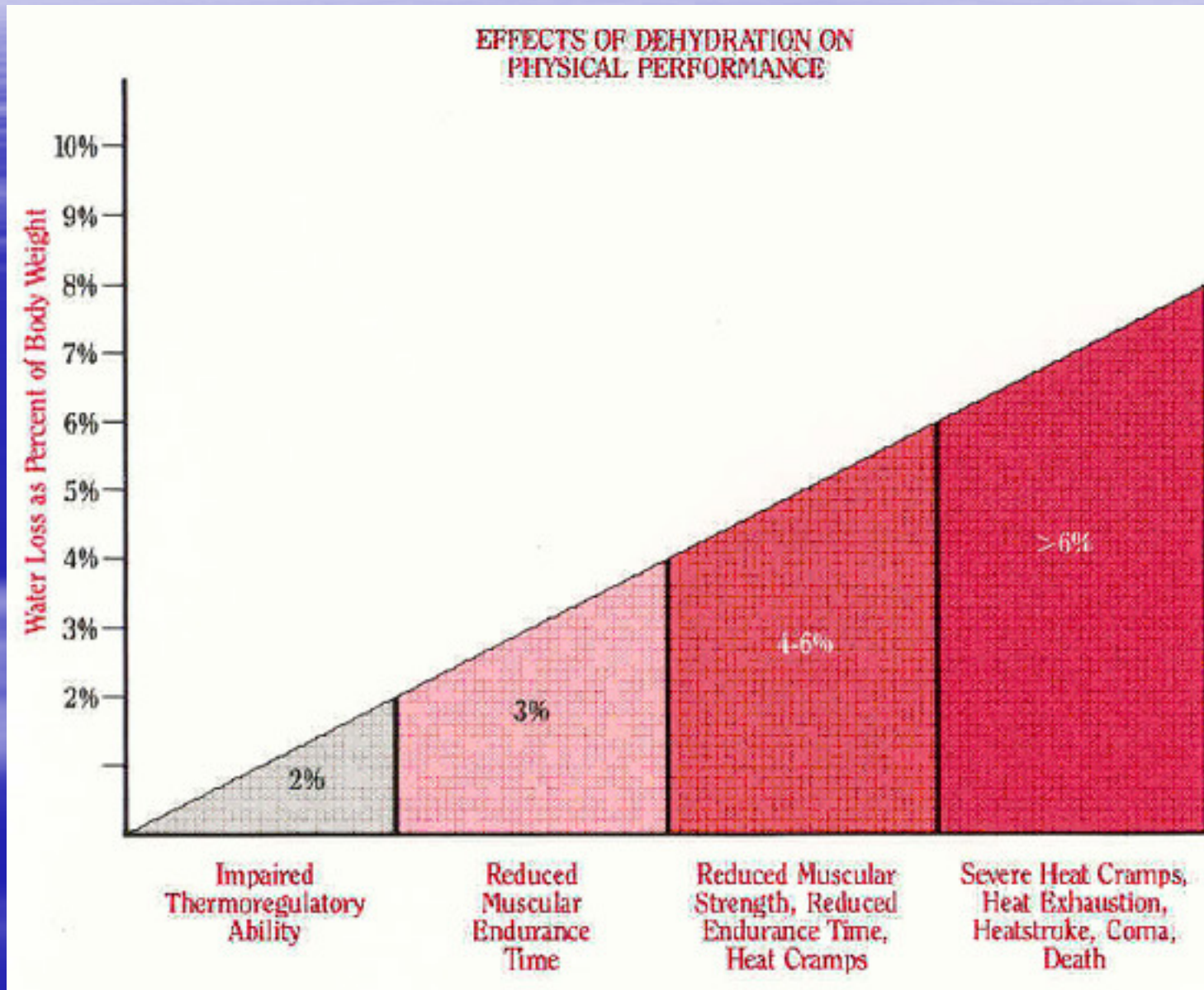
- Diet/Fluids
- Immunisation – Standard
  - Special
- Insect Avoidance
- HIV/STD
- Jet Lag



# Sports Medicine

- Training/Fitness
- Diet/Hydration
- Injuries
- Drugs
- Massage

# Diet/Hydration



# Injuries



# Injuries



# Drugs



**WORLD  
ANTI-DOPING  
AGENCY**

play true

# Massage



# Testing/Rally

- Equipment
- Oxygen/Entonox
- Drugs

# Testing

## Safety

- Environment
- Road closure
- Ambulance services
- Hospital

# Testing

- Chef
- Boredom



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