

Preparing for Beijing



Olympic Preparation Checklist

Environmental, Nutritional, & Medical Issues

Canadian Olympic Committee's

Team of 2008 Beijing - Olympic Specialists

Jon C. Kolb, PhD; Melanie Olivier, Bob McCormack, MD

"This document is intended as a private communication for the sole use of authorized Canadian Olympic Summer Sport Federations. The information contained in this document is private and confidential.

Copying, forwarding or other dissemination or distribution of this communication by any means is prohibited. If you believe that you received this document in error, please notify the Canadian Olympic Committee immediately."

Contents

Overview and Key Contacts	2
Heat, Humidity and Dehydration	3
Heat Strategies	4
Hydration Strategies	5
Air Quality and Athletic Performance:	
Preparing for the Beijing Climate	6
Pollution Checklist	7
Traveling to China	8
Pharmacological Prevention of Jet Lag	10
Nutrition	11
Nutrition Checklist	11
Nutrition for traveling	12
Medical	13
Vaccinations	14
Asthma	15
Traveler's Diarrhea	15
Miscellaneous	16
CAMP	17
Doping/CCES	17
Beijing Emergency Contact Numbers	18

Overview and Key Contacts

This *Olympic Preparation Checklist: Environmental, Nutritional, and Medical Issues* document has been drafted by the Canadian Olympic Committee and its team of 2008 Beijing Olympic Specialists. This document is for the exclusive use of Canadian Summer Sport Federations (NSF). The information contained in this document will be of primary use to high performance and technical directors, coaches, team leaders, health, medical and sport science professionals working directly with athletes and teams preparing for Beijing. This is not intended to be a comprehensive treatment of this material, but rather a handy checklist to assist you in ensuring that all environmental, nutritional and medical strategies are being addressed in your plans. It is important to establish individualized coping strategies based on individual athlete experiences. Therefore, this document should be used in conjunction with the *Olympic Preparation Checklist, Athlete Daily Journal* (see separate document). To further discuss any of the strategies outlined in this document, please contact any member of the Canadian Olympic Committee's team of Beijing (2008) Olympic Specialists.

This initiative is one of many as part of the COC's re-focused strategic direction to ensure that it continues to add value to the high performance system in Canada. The COC's core business is to focus on the delivery of Olympic Preparation and Team Operation initiatives, in partnership with NSFs, which are centered on preparing athletes, coaches and team members to achieve podium success at the Olympic Games. Within the COC's Olympic Preparation and Games department, Alex Gardiner, Senior Director, Olympic Programming - Technical, Betty Dermer-Norris, Director, Team Operations and our respective teams work jointly to assist you in achieving our objectives, measured by Canada's success on the Olympic podium.

— Derek Covington, Director, Olympic Preparation

COC Beijing Specialists (Environment, Nutrition, Medical)

Dr. Bob McCormack, CMO rmccormack@olympic.ca

Dr. Jon Kolb,
Environmental Physiologist kolb@ucalgary.ca

Melanie Olivier,
Performance Nutritionist melanie.olivier@sympatico.ca

Doug Charko, Climatologist charko@clear.net.nz

Heat, Humidity and Dehydration

Athletic performance may be reduced in those individuals not acclimatized to the anticipated summertime heat and humidity challenges of Beijing. The outdoor air temperature and combined humidity index will more than likely be excessive in August 2008 (Humidex > 43 and WBGT > 28°C). Proper preparation for training and competing in hot and humid conditions will minimize, or even eliminate the negative effects of high body core temperature and dehydration during exercise.

Exposure to *natural* or *simulated* hot conditions will assist in 'pre-adapting' athletes to high environmental temperatures. During the initial days of training in hot weather, the volume intensity and duration should be reduced to help the athlete adapt to the added heat stress. Part of the normal acclimatization to heat is an increased sweat rate, thus athletes will need to closely monitor fluid intake. It is also important to *note* that Indoor Sport Venues in Beijing may be hotter than expected (BOCOG data: 26-29°C for stadiums and aquatic center). Thus athletes competing indoors may also be

challenged with dehydration and higher than normal body temperatures.

The likelihood of dehydration increases when heat is combined with high humidity. The major avenue for the body to cool itself is through evaporation of sweat. When the humidity is high, less sweat will evaporate from the surface of the skin, so the body temperature rises. In an effort to cool itself, the body's response is to sweat more, which can quickly lead to dehydration. Two important points to consider; the dehydrated athlete will acclimatize slower *and* only 1.5-2% dehydration can result in a decrease in performance. In general, the sensation of being thirsty lags behind dehydration; if you are thirsty you are already dehydrated.

Heat Strategies

- A minimum of 7-14 days of heat acclimatization is required for complete adaptation. This will allow sweat rates to increase, decrease the amount of sodium lost in sweat, resting and exercise heart rates to return to normal, and resting body temperature to return to normal. The variability in days (7-14) required to adapt to heat underscores the importance for establishing **individualized coping strategies** based on experience.
- Simulated* heat exposure (such as use of a steam room) during the weeks prior to departure will advance the rate of acclimatization. Seek sound advice from your sport physiologist.
- Heat Experience: During the time ahead leading up to August 2008, repeated exposure to heat load during training and competition will help the Athlete develop their own coping strategies.
- Modify the normal warm-up period so that athletes do not overheat prior to the days ‘main training’ or competition.
- Modify the training load according to the severity of the heat and humidity index and the number of acclimatization days.
- Establish *Pre and Post Cooling Strategies* which are logistically feasible within the context of your sport----- these **must** be tested well in advance (at least a year ahead). Seek expert advice from your sport physiologist regarding performance and recovery cooling strategies.
- Minimize “accumulative heat load” between training sessions by avoiding mid-day socializing, sightseeing, shopping, etc ...
- Choose light and breathable clothing. Dark colored clothing will absorb more radiant heat and thus add to the heat load. Ensure clothing does not restrict evaporation of sweat.
- Athletes, coaches, and team managers should be aware of the symptoms related to heat illness: headache, nausea, dizziness, excessive sweat, loss of coordination. Seek medical advice for any of these. Be aware that some common headache medications are

vasoconstrictors and may reduce the body's ability to dissipate heat.

- Keep cool at night to ensure a good nights sleep. Quality sleep is critical for recovery and regeneration.

Hydration Strategies

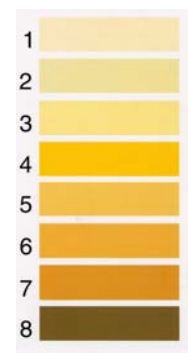
- Develop individualized re-hydration plans well in advance. Each athlete may respond to the heat and humidity in unique ways. Before competitions in the heat, determine during training how much each athlete needs to drink before, during, and after exercise in order to avoid dehydration.
- Advise the athletes to drink beyond the *sensation of thirst*, especially during the initial acclimatization to heat and humidity.
- Begin all training and competition well hydrated. If possible drink throughout, but in small amounts to avoid sensation of 'bloating'.
- Accurate hydration status can be monitored with Urine Specific Gravity strips or Urine Osmolarity assay.

- Regular monitoring of morning weight will give an indication of water loss. [**1Kg weight loss = 1 Litre water loss**]; **rehydrate with 1.5L.**

- Use nude weight before and after training to determine water loss.

- Hydration supplements (which may contain carbohydrates, glycerol, electrolytes, etc.) should be tested *well in advance* and in consultation with your sports nutritionist. Caution: If re-hydration is the goal, drinks with high sugar content will slow down the rate of water absorption from the stomach. If re-hydrating with an energy drink, the solution should contain 2-3% carbohydrate.

- Athletes should be aware of their urine color when well hydrated. If the color is 4 *or above* on the chart to the right, they are already de-hydrated enough to negatively impact performance. (Note that urine color is affected by vitamin supplements)



Air Quality and Athletic Performance: Preparing for the Beijing Climate

Beijing is located in the north China Plain, south of the Gobi Desert. The city's population has tripled over the past four decades and is currently topping 15 million. This combination of geographic / meteorological conditions combined with excessive industrial wastes and vehicle emissions, often results in a high pollution climate during the summer months. Recent satellite photos published in the prestigious science magazine *Nature* (v437, 2005) illustrate that Beijing is well on its way to becoming the *air pollution capital* of the world. If recent climate history repeats itself, August 2008 in Beijing may present a significant respiratory challenge for summer sport athletes.

While some Chinese officials, including BOCOG, have suggested that numerous factories will be 'shut down' during the Games to improve air quality, climate statistics over the past several years indicates that the month of August 2008 is likely to be choked with pollutants. In this regard, it will be

necessary to take a conservative approach; *hope for the best and prepare for the worst*. The primary pollutants in Beijing are nitrogen dioxide, particulate matter, and ozone. Collectively these pollutants are known to cause upper airway restriction, eye irritation, nausea, throat and chest discomfort. Several researchers have reported decreased performance when exposed to atmospheric pollution, especially in events associated with continuous and elevated ventilatory rates.

Prior assessment of athletes that may be at risk for pulmonary issues related to poor air quality is an important strategy in preparing for Beijing. Athletes at risk would include those with any previous diagnosis of asthma, seasonal allergies or exercised induced asthma. The International Olympic Committee recognizes three tests for the assessment of upper airway restriction. Athletes having a positive result from one of these three tests may obtain a Therapeutic Use Exemption (TUE) in order to be permitted to use a beta 2 agonist such as Ventolin, or Salbutamol, Singulair, Oxeze, Berotec, Bricanyl, etc ... Please refer to the medical ([Asthma](#)) section.

Pollution Checklist

- Recognize the general symptoms which poor air quality may have on athletes during training and competition (difficulty breathing, wheezing, watery eyes, sore throat, tightness in the chest); especially for events that are continuous and have a high ventilatory rate.
- Establish a risk evaluation plan for your athletes based on past medical history and anecdotal evidence of any 'symptoms' that may have occurred when competing in other polluted environments. If required, seek advice from your sports medicine physician and or applied sport scientist.
- Athletes at risk (and preferably all athletes) should have a clinical pulmonary evaluation.
- Some research suggests that anti-oxidants such vitamins C, E and Glutathione may provide a protective effect over atmospheric pollutants. Seek advice from your nutritionist or sport science director, but remember to clear all medications with your team doctor.
- Light-weight masks or filters are commercially available which may be beneficial when air quality is excessively poor. Be sure to familiarize athletes with such products *well in advance*.
- Regularly monitor athletes during pre-games test events in Beijing in order to individualize strategies.
- Make note of *real-time* daily air quality reports, and adjust the intensity, volume, and timing of training or warm-up periods if appropriate. During your Beijing pre-Games visits and at-Games, the COC will provide weather and air quality email data reports to Canadian athletes and coaches.
- Information about heat and air quality will likely be omnipresent in the Beijing Games environment. Therefore, athletes will be exposed to this data and should be well prepared to deal with this information. Develop strategies with your athletes, physiologist and PET that will maximize their mental and physiological performance regardless of the information at hand.

Traveling Fatigue and Jet Lag

International travel presents potential challenges for the high performance athlete. This is primarily due to physiological disturbances associated with air travel, where multiple time zones are crossed in a relatively short period of time. The culprit of the challenge is that the ‘internal body clock’, which governs basic bodily functions such as body temperature and sleep/wake cycles, is no longer synchronized with the new local ‘destination clock’. Canadian athletes traveling to Beijing will cross between 12 to 15 time zones and have to endure flights of 11 to 14hr depending on the city of departure. The table below illustrates the physiological and perceptual ‘mismatch’ between new local time, which may result following a flight to Beijing from Calgary (*body time*).

New Local Time (Beijing)	Perceived Need	Body Time (Calgary)	Perceived Need
8:00	Waking	18:00	Reduce Activity
16:00	Peak Activity	12:00	Deep Sleep
24:00	Retiring	10:00	Awake

Symptoms associated with travel fatigue and Jet Lag include inability to sleep at the current local time, loss of appetite & general bowel irregularities, poor mental concentration, transient disorientation, and decreased physical performance. Recent research (2002) monitoring Olympic Athletes traveling eastward over multiple time zones suggests great variability in response between athletes and thus underscores the importance for establishing **individualized coping strategies** based on past experience. Strategies and early planning will be of great help in minimizing the impact of ‘body clock’ disturbances; these are best organized into checklists which focus on *before, during, and after* travel to Beijing.

Before

- Develop (and test) travel plans well in advance.
 - Consider time zone changes if “staging” in an alternative site outside of Beijing.
 - Minimize stop-overs, and eliminate other travel hassles.

- For travel to Beijing, assume 6-14 days for acclimatization to Jet Lag + other stressors including heat and humidity (variability reflects individual responses).
- If possible, shift times of waking, sleeping, training, and meals closer to the destination time during the week before departure. A shift of more than 3 hours is not practical, for example, if you normally wake at 6am and retire at 10pm use the following schedule:

Day	Wake Time	Sleep Time
Mon	6:00am	10:00pm
Tue	7:00am	11:00 pm
Wed	7:00am	11:00 pm
Thurs	8:00am	12:00 pm
Fri	8:00am	12:00 pm
Sat	9:00am	1:00am
Sun	9:00am	1:00am
Mon	Depart for Beijing	

During Flight

- Stretch often with a modified static stretch and regularly walk the aisles to avoid stiffness and swelling in the extremities.

- For big / tall athletes research airfare category and discover if upgrades are possible.
- Ensure that all nutritional requirements are planned for the long flight, and consider meal selection & timing to assist the body to begin synchronizing with Beijing time.
- Adjust your watch to the local time when boarding the plane to reinforce the coming time zone changes.
- Hydrate often to compensate for the dry cabin air; as well, the cabin pressure may simulate an altitude equal to 8,000ft causing mild headache.
- If arriving in Beijing in the late afternoon, a nap during the early part of the flight is fine. However, stay awake the last half of the flight, check into accommodations, shower, stay awake, have a meal with carbohydrates, try to get some natural light and ‘fresh (!)’ air exposure and stay awake until your normal retiring time. This will help ‘set’ you into Beijing’s time zone feeling tired and ready for a good first night sleep. These strategies will advance your body’s conversion to the new clock.

- ❑ *Creature Comforts*: Anecdotal reports suggest that compression socks may help reduce swelling in the lower extremities; a black eye mask helps to block cabin light; earplugs or silencing headphones to drown engine sounds.

Arrival

- ❑ Adapt to the local time zone immediately on arrival through *Zeitgebers* ('time givers' in German). *Zeitgebers* are all around us providing natural clues to inform the 'body clock' what time of day it is (day light, activity, social interaction etc.)
 - Set waking, sleeping, meal and especially training times to synchronize with Beijing.
- ❑ The influence of natural (and artificial) bright light assists with advancing the 'body clock' to the new time zone. If arriving earlier in the day, consider light activity outside to gain the 'Zeitgeber'.
- ❑ Avoid daytime napping during the first few days, as this can 'anchor' your biological clock to your previous time zone in Canada.

- ❑ Reducing the volume, intensity, and duration of training during the initial days will help adjust to the new time zone and other environmental stressors.
 - Plan to train in the late afternoon or evening during the first days
 - Avoid caffeinated teas and coffees in the evening to not prevent a good night's sleep.

Pharmacological Prevention of Jet Lag

- ❑ The Canadian Olympic Committee **does not support** the use of melatonin or other non prescription drugs to help reduce the symptoms of JET LAG. The contents of these drugs are highly variable and not well controlled; some have been reported to contain substances on the WADA banned list.
- ❑ **If your athletes are considering medicinal or naturopathic** prophylactic measures to off-set JET LAG, please discuss this before hand with your team doctor well in advance, to assist with appropriate planning.

Nutrition

In Beijing, you will be able to find almost anything including a lot of “North American” products. In less westernized areas access to products (nutrition, hydration and hygiene) may be extremely limited. Take advantage of your experiences of traveling through China and gather information from other teams to ensure that you are appropriately prepared.

- Know your athletes nutritional needs, anticipate any preference requirements such as vegetarian, vegan and ensure that those needs can be met on site and during the flight.
- Document allergies, intolerances, aversions and preferences and also know how appetite and weight are affected by long stays, multiple travel transfers and reaction to heat exposure.
- Know what makes an athlete feel better when sick or affected by a GI problem (probiotics, comfort food, chicken noodle soups...).
- Make contact with the hotel or organizing committee to have in advance the menu. Seek help from your dietician to make sure it corresponds to your team’s needs in terms of food choices, quantities served, and eating times vis-à-vis training, competition and transportation schedules.
- If you are planning to have athletes or staff cook for your team, make sure you have a local contact to get the goods from a known and reliable source / market.
- Advise athletes to have an individual nutritional and hydration plan for training and competition.
- Protein is often the most difficult nutrient to get enough of particularly for athletes who don’t like meat. Learn what alternatives that will be available (see SNAC http://www.coach.ca/admin/pdf_admin/pdf/Nutrition-in-China.pdf - Nutrition in China Guide).
- When buying food in China, always check for the expiration date. There have been reports showing they consider products to be still good as long as it has not been opened.

Things to avoid:

- Tap water, including water served to you in a large water jug, bottled water with a broken seal, and any ‘filtered’ bottled water from questionable sources (i.e. street vendors).
- Ice
- Salads and raw vegetables that have not been washed in filtered water
- Raw or uncooked or undercooked meat or fish
- Open market food **“Boil it, Peel it, Cook it or Forget it”**.
- Eating lunch boxes offered if you don’t see a kitchen on site with a refrigerator.
- Eating in restaurants that are not recommended by the organizing committee, the Canadian Olympic Committee or a local Canadian contact.

Things to pack

- Usual pre-training, during-training, and post-training (or competition) drinks or snacks
- Usual comfort food when sick or bored
- Alternate source of nutrients (meal replacements bars or drinks that have been previously used (i.e. tested-out during training or competition) and that have been approved by the CCES).
- Cooler for transporting and storing food / drinks

Nutrition for traveling

The goal of proper nutrition during travel is to minimize the jet lag effect by maintaining hydration and glycogen storages.

- For weight category sports: know the effect of travel on athletes’ weight. Know what to bring or buy during travel including the proper ratio of carbohydrates to protein nutrients.
 - Know what food is available during the travel (on the plane and during any layovers)
 - Order your meal in advance with the airline preferences (vegetarian, diabetics....)

- Pack snacks high in carbs but low in fat (fruit juices, fresh fruit, dried fruit, crackers, dry cereals, energy bars...) Remember that liquids are not permitted through security so you will need to purchase your fruit juice after you go through security.
- Drink lots of fluids during the flight 250 ml (1 cup) per hour. Purchase bottled water after clearing security or bring an empty water bottle on board for the flight attendants to fill.
- Avoid alcohol, fatty and very salty foods and snacks.
- Avoid caffeine during the flight so you can get some sleep on the plane.
- Try to eat according to your destination time (ie time your meals on the plane to coordinate with the meal time at your destination so that you are in sync when you arrive.
- On arrival eat on destination time even if you are not hungry in order to train your body to know when it is time to eat.

Medical

Travel to and competing in China poses some unique challenges to the athlete. There are several issues that you will need to address to prevent illness and maximize performance. Some of the health problems described below not only have the potential to affect your performance in China this summer but the recovery for some conditions may be several months which could affect the ability to participate at the games in 2008.

The check list below is a starting point of things you should address but is no substitute for periodic (at least annual) medical assessments by your team doctor. It is sometimes a time consuming challenge for your team doctor to sort out things like immunization status. He/She can also arrange specialists that may be required (such as travel medicine or respirology) but again, these take time, so act now!

Vaccinations

Many think of vaccinations as a childhood or school program but some illnesses that are uncommon in Canada are a risk in Beijing. It is appropriate (and very important) therefore to check with your team doctor, to ensure you have the necessary protection for (at least) the following.

- Obtain Hepatitis A and B immunization (if not already done) as soon as possible. The normal course of injections is three over six months but at least the first two (over one month) should be obtained before travel this summer.
- Check childhood immunizations as some illnesses (like whooping cough and measles) are more common in China and can be serious for the athlete. Meningococcal infections are more common in a games village environment and can be fatal.
- Obtain flu vaccine as soon as possible for 2007 and again this November (for 2008). Not only are the Olympics “the meeting place for viruses of the world”

but the peak influenza season in the southern hemisphere is April to September (for example for athletes who may be traveling to Rio in July 2007). Even during the off season, a flu illness can affect quality training for several weeks.

- Bird Flu is still an issue in China and, although it is rare, has a high death rate in humans. Rest assured that cooked poultry is safe but DO NOT handle live or uncooked poultry or bird parts and take care in the market environment. Regular flu shots do not protect against “bird flu” but will minimize the risk of “regular” flu which reduces confusion, anxiety and the risk of prolonged quarantine outside of Canada
- Rabies is an issue in Beijing, and the rest of China. Avoid contact with local animals and report any bites to your medical staff immediately
- Parasites (schistosomiasis) exist in China’s fresh water. Do not swim in local rivers or lakes

Traveler's Diarrhea

The statistics are that 25 to 60% of people that travel to China will get some form of traveler's diarrhea. To ensure you can perform at the highest level we need to reduce this as much as possible. Most cases will be self limited but there is also the potential of major illnesses so, despite the temptation, do not cut corners.

- Follow guidelines within the [Nutrition](#) section of this Checkbook
- Risk of significant problems is higher if you have a past history of traveler's diarrhea or dehydration with a previous attack, so know your athlete's past history.
- There is NO substitute for good hygiene. Remember to:
 - Frequently use hand cleaners (e.g. Purell) or hand wash. In addition to reducing the risk of traveler's diarrhea this will reduce the spread of many other illnesses.
 - Brush your teeth with bottled water
 - Avoid ice cubes in drinks

- Trial the oral vaccine "Dukoral" this summer to establish its role in your pre Olympic preparation. It is not a substitute for good hygiene or care in food selection as it is effective in preventing only 1/3 of causes of traveler's diarrhea. It is effective for only three months so plan when you take it.

Asthma

Beijing is one of the most polluted cities in the world, and despite promises of more "blue days" we have to prepare for air quality problems. Most people experience sore throats and irritated dry eyes after being there for a week. The important thing to do during your pre-Games visits is to assess the effect it has on your comfort and performance so we can ensure everything is optimized for August 2008. See also the earlier section on [Air Quality and Athletic Performance](#),

- Report any history of allergies, childhood asthma or family history of asthma so we can target specific testing.

- Special Therapeutic Use Exemption (TUE) forms are required at the Olympics for many asthma medications (THIS IS DIFFERENT THAN FOR OTHER GAMES, CCES AND MOST IF'S). Approval requires special testing and the process can take several months. This should be sorted out at least six months prior to the Games.
- Bring artificial tears for the common complaint of dry eyes.
- Bring throat lozenges for the management of an irritated “raspy” throat.
- Consider a trial of using a face mask during your pre-Games visits to Beijing. The COC can provide a supply of different types to test-out.

Miscellaneous

- Bring mosquito repellent as mosquitoes come out in the evening throughout China and can be both irritants and disease carriers.

- Remember sunscreen / hats to avoid sun over exposure which has negative effects on performance
- Locate the hospitals you might need to go to (see [emergency contact](#) list). In Beijing the COC only recommends the “Sino Japanese” and “Peking Union Medical” hospitals.
- Before you arrive for your competition determine a supply of bottled water and ice available at the venue.
- Bring extra supplies as some personal care articles may be difficult to find.
- Make a personal medical kit for travel with antihistamines, Tylenol, antacids, anti diarrhea medication, anti nausea medication, and assorted Band-Aids, etc ...
- Pack prescription medications in your carry on luggage and bring a list of all other medications you take (in case your luggage is lost).

Canadian Athlete Monitoring Program (CAMP)

As you are aware, a secure, web based, medical record system (CAMP) has been established that will allow you access to important information on your athletes from anywhere in the world. This live, comprehensive, record follow you around the world and it will allow your medical team to communicate with specialists and team doctors “back home”. Results of investigations (including MRI images, for example) can be stored and injuries can be more accurately followed, injury trends identified, and appropriate planning strategies to deal with injuries can be implemented. Sport physiology and other sport science disciplines will be integrated in the near future providing enhanced capabilities over CAMP’s present comprehensive capabilities enabling health care delivery that will help maximize athlete performance.

- Ensure that your medical team is entered into CAMP early, to maximize its benefit.
- Sign the CAMP consent form for medical members of your PET to be able to access, and enter, your athlete’s medical information.

Doping/CCES

Make sure you are familiar with the 2007 changes in WADA code and testing through the CCES education programs. Inadvertent positive tests continue to occur and are a source of great concern. No one is immune to this tragedy.

- Ensure that Therapeutic Use Exemption forms are updated every year and that their status is clear with CCES and your team physician.
- Be familiar with ADAMS and the athlete whereabouts program (through CCES).
- Be aware of the risks of positive doping tests from supplements and naturopathic preparations. The athlete is responsible for what they put in their body but check with your team doctor and CCES for guidance.
- The NSF Certified for Sport Program, at www.nsf.org is a reliable source of supplements that have been tested by an independent lab and manufacturers that have demonstrated reliable manufacturing processes (the “Good Housekeeping Seal of Approval”).

Beijing Emergency Contact Numbers

Visit the Government of Canada Website: Emergency Assistance to Canadians in Beijing:

<http://geo.international.gc.ca/asia/china/consular/beijing/assistance-emergency-info-en.asp>

Canadian Embassy in Beijing

Address: 19 Dong Zhi Men Wai Street, Chao Yang District, Beijing 100600, People's Republic of China
Tel.: 86 (10) 6532-3536 - Fax: 86 (10) 6532-5544
E-Mail: beijing-cs@international.gc.ca
Internet: www.beijing.gc.ca

Name and Address (in Mandarin)

加拿大驻华大使馆

中国北京市朝阳区东直门外大街19号

邮编：100600

Emergencies:

China	001-800-2326-6831
China	10800-1400125; 00800-2326-6831
China (Hon Kong)	001-800-2326-6831

Consular Assistance: International Toll-Free Numbers

The Operations Centre of Foreign Affairs and International Trade Canada operates 24 hours a day, seven days a week. An experienced officer is always available to respond to emergency calls from anywhere in the world. Please note that, in some countries, the international toll-free number may not

work when placing the call through some telephone service providers (local carriers). Callers may also encounter difficulties using cell phones to connect to toll-free numbers. At pay phones, you may require a phone card or coin/token. An international fee may also be required to complete the call.

Canadian citizens outside Canada can call collect to (613) 996-8885 (where available).

Canadian Olympic Committee Contact in Beijing

For emergency purposes contact Fadey Li at Fadey Li:
86-10-13990113 3778 or 1352 029 0763 - cell #'s

Sino-Japanese Friendship Hospital

Tel: (010) 6422-2965; 6422.1122
Fax: (010) 6421-7749
Add: Ying Hua Dong Lu, He Ping Li Beijing 100029

Name and Address (in Mandarin)

中日友好医院

地址：和平里樱花东路 邮编100029

Peking Union Medical College Hospital Chinese Academy of Medical Sciences

1 SHUAIFUYUAN, WANGFUJING
BEIJING 100730, PEOPLE'S REPUBLIC OF CHINA
Tel No: (8610) 65224831
Fax No: (8610) 65224831

Name and Address (in Mandarin)

中国医学科学院协和医院

地址：北京东城区，王府井帅府园 邮编100730