

CHRIS: Hello and welcome to this Getset hangout. This hangout is the third in our series and today we're going to be talking all about sport science. Between now and the summer of 2016 when the Olympics and Paralympics games take place in Rio, we'll be meeting with lots of athletes and their amazing support teams involved in Team GB and Paralympics GB on the road to Rio. We'll be giving students in our Getset community the chance to ask questions to these inspirational people and to feature in the hangouts themselves. Today I'm joined by students from Bishopston Comprehensive School and also students from Bishop Vaughan Catholic School and their teachers. Hi Bishop Vaughan School?

STUDENTS: Hi!

CHRIS: And hi Bishopston Comprehensive School?

STUDENTS: Hi!

CHRIS: Nice to meet you. Our schools have excellent questions for our two members of the support team for the Paralympics and Olympics team in Rio. Our first participant is Nick Diaper. Nick Diaper is head of Paralympics sport science and sport medicine at the institute for sports. Nick will be the ParalympicsGB performance services manager at the Paralympics games in Rio. How are you Nick?

NICK: I'm fine, how are you guys?

STUDENTS: Hi!

CHRIS: Our second participant is Phil Glasgow. Phil will be part of the team GB medical team at the Olympics games in Rio, and he'll be responsible for providing medical support to the team GB athletes. Hi there Phil, great to have you with us today.

PHIL: Hi there guys, it's great to be here.

STUDENTS: Hi!

CHRIS: Fantastic. So we have asked our schools to have a think about sport science, have a think about the questions that they're going to ask our members of the Rio support team. Let's start with Bishop Vaughan Catholic School.

STUDENT: My question is, can you describe the role of support team at Rio 2016.

NICK: The role of the support team very much depends on what the support members are for. So if you are a physiotherapy or a doctor your role might be a bit different from the psychologists. On that day the athletes will need to give the best performance on their life and they will have been best prepared by the support team not just on the day but also in training.

CHRIS: Thanks so much Nick. Let's go over to Bishopston Comprehensive School for their first question for Phil.

STUDENT: My question is, what are the most common injuries that you're expecting to treat in the 2016 Olympics in Rio?

PHIL: Thanks, that's a really good question. As part of Team GB, we have a really wide range of sports. We have all things from box sports like Judo and boxing to swimming, cycling and gymnastics and team sports too. So really it will be a really wide spectrum of injuries, athletes get injured frequently but we hope we won't get any serious injuries. So the most common type of injury that we hope to manage are muscle or joint injuries. They are very common in some sports like athletics. For other sports like swimming or even perhaps even boxing we would treat wrist injuries more often. The thing we realise that's unique about Olympics games is that you've got lots of different sports and lots of different athletes with lots of different activities, you could get any type of injury at all. So that's for us to make sure that we're able to treat whatever they present. The one thing I would say is that most athletes at any time often have little areas of soreness, and part of our job is to ensure that that doesn't impair or hold the person's performance back.

CHRIS: Thanks so much Phil. And so now we're going to go back to Bishop Vaughan Catholic School and they've got a question for both Nick and Phil. So take it away please

STUDENT: During the Olympics and Paralympics games can you describe a typical day.

NICK: A typical day for most people whether you're an athlete or a support staff member starts at 5 or 6 in the morning. So typically it does involve a very early start, and very late nights; 11pm or midnight when most staff will finish their duties whether that is planning for the next day or actually working and treating athletes. So 15-16 hour days are very standard, and that goes on for the duration of the games. So it's a very exciting time for everybody but it's also very tiring and by the end of it everyone is ready for a good rest.

CHRIS: I can imagine, thank you very much for that Nick. Can we ask Phil to answer the same question?

PHIL: A typical day at the Olympics games is really quite unique, and I think one thing to bear in mind is that they're all in the Olympics games. So all the athletes in their thousands. We have early starts as Nick said, and if you are part of the medical team obviously we'll provide medical support across all of those sports. So for swimming the day starts at 6am, be there to provide some treatment or do some preparation work. We're there covering events depending on what events they are if someone gets injured. Then after those events we will take people, Team GB will have their own medical centre where we will treat people for whatever injuries they acquired. We will help them with their recovery perhaps up to the following day, and we will also have various meetings with sports to plan what it is we need to do. But ultimately as Nick as already said it's probably a very early start all the way up to midnight for the duration of the games. It's very exciting, you go to various parts of the Olympics venue, but it's also very hard work and you're often sitting in a medical centre somewhere treating people. But it really is fantastic.

CHRIS: Thank you so much for that Phil. Now we're going to go back to Bishopston Comprehensive School and they have got a question for Phil.

STUDENT: I wanted to ask, how long does it take to prepare your medical team before the Olympics games?

PHIL: Thanks, we're already preparing, we've been preparing for a while now. Preparing to take a team to the other side of the world is a bit tricky and there are lots of risks. We want everyone to be healthy, so we already started looking at things like the environment.

NICK: I think we've lost Phil, we're going to go back to Bishop Vaughan Catholic School and they've got a question for Nick.

STUDENT: There's a lot of media coverage on the use of sports enhancing drugs at present, can you describe some of the procedures available to detect illicit substances that enhance performance?

NICK: Yeah, there is a lot of media coverage at the moment and two of the main methods that are used as the urine test and blood test. They are done to athletes at any time whether they are in the competition or out of competition. They take the urine or blood sample and take it back to the laboratory where they are analysed for any traces of the drugs. Athletes in the UK know that their performance is about the effort they've put in and not about any substances they've taken. Indirect methods to discourage doping include a confidential helpline that any athlete can ring up our staff method to report someone that suspect has been doping. They can ring up the UK anti-doping authorities and report that. Athletes can also check any substances and supplements that they are taking whether or not there are any drugs in them.

CHRIS: Thanks so much Nick, we lost a little bit of what you were saying at the beginning, was there anything else you were saying at the beginning that you want to just reiterate?

NICK: I think the main points for everyone to be aware of is the two main methods for detecting banned substances are urine and blood tests. And at any point an athlete can be selected at random to provide a urine or blood sample.

CHRIS: Thanks terrific, thanks so much Nick. Now we're going to go back to Bishopston Comprehensive School who have a question for both Phil and Nick. So take it away Bishopston Comprehensive School.

STUDENT: What are you most looking forward to Rio?

PHIL: Yea, thanks for that questions. Olympics games are really unique and you remember how much excitement there was in the UK when we had the games in London. You realise that sometimes it's not just one specific thing but the whole experience of people being together from all over the world and leaving in one village and performing together. I think that's the bit that I enjoy most. Special things like the opening ceremony, obviously I'm really looking forward to primarily being a part of a successful activity and to see our athletes perform to the best of their ability and win medals. I think that's the thing that I mostly enjoy, and there's something completely unique

about Olympics games that you don't get in any other part of life or even in another sporting environment.

NICK: Yes, similar to Phil I think the think I'm most looking forward to is probably the union jack going up as many times as possible as a sign of British athletes on the podium. I think we had a great taste of that in London, Rio is going to be an incredibly exciting place for all these to take place. I went out there last year to check out the venue and the scenery, and the backdrop to some of the events is just spectacular. So if they can put it off and if we can have successful games I think it will be one of the most memorable games that we've ever experienced.

CHRIS: Fantastic, great answers there guys. We're got great questions, I think we should have some more. We're going to go straight over to Bishop Vaughan Catholic School for a question for Nick.

STUDENT: Standards of competition are constantly advancing, what support services do you offer athletes before and during the games?

NICK: I think it's very true that certainly in the Paralympics world the standards of competition are increasing year on year. London was a clear marker of that, a lot of nations being more and more competitive. That mean for us on a day to day basis we have to be much better than they are in terms of preparing our athletes. So although the games happen only once every four years, the medals are really won and lost in probably the three years before the final year when all the hard work is done by the support staff and the athletes. And it's a case of ensuring we don't leave any stone unturned in terms of how best to prepare our athletes. So we look for every possible performance frame that we can get in with our athletes, and when piece all those together for the four years with an athlete who's fit and healthy, hopefully that results in competition performance that's better than the rest of the world.

CHRIS: Great answer, thanks so much for that Nick. Now we're going to go over to Bishopston Comprehensive School, they've got a question for Phil.

STUDENT: How many people are in the Team GB medical team?

PHIL: We have a very extensive medical team. For all the sports that we have, the medical team has doctors and physios primarily. Some of them work for those sports on an ongoing basis, for example you may have a cycling physio. What we also have at the Team GB Olympics association is we have a group of headquarters doctors and physiotherapists who will provide support across all the sports. And so when you put that together, and we have some soft tissue therapists too, there's probably more than 50 people within that entire medical support team including doctors and physiotherapists. And we will be based on various venues in the preparation camp, in the performance centre and also in the Olympics. So it's a pretty big team.

CHRIS: Fantastic, thank you Phil. Finally we're going to come back to Bishop Vaughan Catholic School, they've got a question for both Phil and Nick.

STUDENT: What are your views on nature verses nurture; is an athlete born or bred?

NICK: Great questions, many debates have had this particular issue. From my point of view I think it's a combination of both, I don't think I've ever met a single athlete who's who everything either because they were born with it or got everything because they worked for it. I think certainly in certain sports there's a large degree of luck required in terms of how lucky you are in choosing your parents and the genetic disposition you have to be successful in a sport. But the bottom line is you can't be really successful in any industry, not just sports, without putting in lots and lots of hours of very hard work. So in summary I'm going to sit on the fence there and say it's a combination of both.

PHIL: I have a lot to add to what Nick has said but I certainly will just echo that point to say that there is an innate ability that some people have or perhaps they have the right build or characteristic to fit the right sport. No matter how talented you may be, without all of that work and detail over a very long period of time as Nick said, that's really what makes someone successful. I think we recognise that you need a good starting point with creating a talent, but also with a lot of hard work and dedication.

CHRIS: Fantastic, than you very much. Well, I'm afraid that's just about all we have time for today, so I just want to say a really big thank you first on all to Bishop Vaughan Catholic School, can we have a big wave and a goodbye?

STUDENTS: Bye!

CHRIS: And secondly a big wave and goodbye from Bishopston Comprehensive School.

STUDENTS: Bye!

CHRIS: Of course also our fantastic participants, Nick Diaper. Bye Nick!

NICK: Thanks very much!

CHRIS: And also to Phil Glasgow.

PHIL: Thanks very much guys!

CHRIS: Now we're going to be posting this hangout on our website at [www.getset.co.uk](http://www.getset.co.uk) where you can also find the Roads to Rio app. Here we're challenging teams of young people to get active and travel the distance from London to Rio. If you would like to be involved in our next hangout then email us at [getset@getset.co.uk](mailto:getset@getset.co.uk). Thanks very much and goodbye!