Performance Triad Leader’s Guide for West Africa

Protect and Hydrate
Exercise
Rest
Food and Re-fuel
Observe
Recover
Mental edge

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Protect & Hydrate

Safety is everyone’s priority! Ensure your team’s protective equipment fits properly. If not, trade or exchange immediately. Practice working in the gear - it’s a requirement. Don’t take chances - do the right thing!

**ABC: Avoid Body Contact!!** Wash hands frequently with warm, soapy water or hand sanitizer. Time and friction matter the most - rub hands together vigorously for at least 20 seconds!

**HYDRATE--BLUF: Drink at least 64oz of water a day (24-32oz of water/hour in biohazard suit)**

Leaders have the responsibility to enforce work/rest cycles so teams do not become heat casualties. Having cool, potable water available is essential to the mission. Understand that drinking too much water can be equally bad in hot or cool conditions. The condition for drinking too much water is called hyponatremia. Have Oral Rehydration Salts available (NSN: 6505-01-197-8809). These are easily added to 1 liter of water to combat dehydration and hyponatremia. Adding flavor packets can improve the taste of water so Soldiers will drink enough.

The #1 reason personnel get heat injuries or stroke is because of the inability to regulate their internal temperature (thermoregulate). There are many contributing factors of why thermoregulation is affected, but dehydration is a major cause. Safety first - follow the Army published Work/Rest and Water Consumption guidelines. They will prevent unnecessary heat casualties. One heat injury is too many.

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### Exercise

Staying physically fit while deployed to West Africa has a number of benefits. It will offset some of the stress that naturally comes with being deployed and working long, hard hours in an austere environment. Wearing universal personal protective equipment is also added stress - physically and mentally.

Plan accordingly prior to deployment. Aim for the following exercise goals:

- **150 min per week moderate to vigorous exercise**
- **2 or more days of resistance training per week**
- **10,000 steps per day.** Walking 10min = about 1000 steps and 1 mile = about 2,000 steps

Accomplishing regular work-outs while deployed supports the individual and the mission!

- Plan fitness into the daily routine: times, locations, equipment if available
- Prioritize personal fitness to improve performance, make better decisions, and decrease stress and anxiety
- Army PRT FM 7-22 describes a variety of low-equipment and no equipment workouts

Make fitness a priority!

- Design a short workout for your team to do on a break to help boost focus, judgment, or memory
- Have 3 or 4 different short workout options that last 10-15 minutes
- Incorporate activity into their weekly routine to help keep them sharp
Rest

Sleep gives us the decisive edge needed for sustained or continuous operations. Anything less than 7-8 hours of sleep every 24 hours impairs mental performance such as thinking, situational awareness, sound planning, and judgment. Leaders are responsible for ensuring deliberate sleep management strategies.

To ensure optimal performance, individuals need 7-8 hours of sleep nightly. Tactical sleep conditions to maximize healthy sleep:

1. For those sleeping during the day – locate the sleep zone away from noise and traffic. Shift work personnel need more time allotted for sleep.
2. Have a transition time to wind down 30-60 minutes before bedtime.
3. Sleep areas should be quiet, cool, dark, and safe. Enforce lights out and quiet hours.
4. Separate sleep areas based on shifts to minimize disruptions.
5. Have a consistent sleep and wake time.
6. Remove, turn off, or cover electronics that emit light.

Other hints to help optimize performance:

- **Sleep Recovery**: Personnel who traveled several time zones or have limited sleep should have 8+ hours per night over the course of several days for recovery sleep.
- **Tactical naps** involve getting as much sleep as possible when time and security allows.
  - Quick tactical naps can help reduced sleepiness and improve cognitive performance (10-20 minutes).
  - Longer naps are important for paying off sleep debt; but naps longer than 30 minutes may result in sleep inertia (feeling groggy when you wake up).
- **Caffeine** may temporarily improve alertness when getting adequate sleep is not possible. Caffeine does not replace sleep. Use the caffeine dosing schedule to the right.

### Caffeine Dosage Schedule

<table>
<thead>
<tr>
<th>Situation</th>
<th>Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sustained Ops (no sleep)</td>
<td>200 mg @ 9000, 200 mg again @ 0900 and 1800, if needed</td>
</tr>
<tr>
<td>Use during daytime (1200, 1400) only if needed</td>
<td></td>
</tr>
<tr>
<td>Night Ops with daytime sleep</td>
<td>200 mg @ start of night shift</td>
</tr>
<tr>
<td>200 mg again 4 hours later</td>
<td></td>
</tr>
<tr>
<td>Last dose: at least 6 hrs away from sleep period</td>
<td></td>
</tr>
<tr>
<td>Temporarily Restricted Sleep (6 or fewer hrs of sleep)</td>
<td>200 mg upon awakening</td>
</tr>
<tr>
<td>200 mg again 4 hours later</td>
<td></td>
</tr>
<tr>
<td>Last dose: at least 6 hrs away from sleep period</td>
<td></td>
</tr>
</tbody>
</table>

### Caffeine Content

- 1.7 gm = 44 mg
- 12 oz = 50 mg
- 1 squash = 60 mg
- 1 pkg (10 mints) = 70 mg
- 1 piece = 100 mg
- 2 oz = 200 mg
- 16 oz = 330 mg
- 16 oz = 160 mg

Food and Re-fuel

Deployments and field operations demand a properly fueled body and this can mean the difference between top performance and mission failure. Poor nutrition in extreme conditions can also lead to fatigue, rapid weight loss, injury, illness, and dehydration. Use nutrient timing for peak performance - this is key to fueling the body with the right nutrients at the right time for maximum results.

**Mission Prep**

The first fuel your body uses during strenuous activity is carbohydrates. Carbohydrates improve your performance. *Eat a large enough meal to sustain you through the first 3 hours of your mission.*

**Sustain**

After one hour of sustained strenuous activity, energy stores are depleted. To maintain your edge, *eat a snack every 45 minutes during sustained operations* (dried fruit, nuts, trail mix, sports bar, banana).

**Mission Complete**

Refueling your body for the next mission is critical. The best way to *refuel is 30-60 minutes after a strenuous mission.* eat a blend of protein and carbohydrates.

**Fuel in the Field**

- Make time to fuel. Refuel every 4–5 hours. Avoid going more than 5 waking hours without eating.
- Smart caffeine use: dose with no more than 200 milligrams every 4 hours with *last dose of caffeine at least 6 hours before rest/sleep period*
- Snack when you can. Choose carbohydrate- and energy-rich choices such as dried fruits, nuts, and trail mixes and unopened snack items from rations to eat on the run.
- Eat calorie-dense and nutrient-rich foods such as MRE main entrees and crackers with peanut butter or cheese spread. Chocolate milk and a banana, sports bar, or an MRE dairy shake.
Observe

Observe how your team is feeling and performing. Encourage the buddy system and ensure the team is watching out for their buddies and that those buddies are watching out for them.

Check daily on mental status, morale, mission stressors and mitigate as needed

Ensure everyone knows where to go and how to seek help before it becomes an emergency.

Don’t forget to check in with yourself. You can get so busy and work so hard over days or weeks that you forget about yourself. Do you know how to seek help if you need it?

Recovery and Mental Edge

There is no doubt everyone is committed to the mission and is probably spending extended hours, working hard. The work is stressful, the food may not be the best, and rest is likely not easy. However, it is critical to set goals and routines in the austere environment.

It is important for everyone to find ways to unwind and relax. It may be difficult, but it’s far from impossible.

- Read a book, relax with quiet music
- Use earplugs and maybe a sleep mask when trying to sleep
- Help establish a routine as best as you can.
  - Whenever and whereever possible, encourage your team to eat each meal at the same time of day
  - Routine sleep schedule is important
  - Try to schedule regular shifts so your team can get to sleep at the same time of day and wake up at the same time of day
  - Those on night shift usually find that sleeping in the afternoon and evening is best
  - Encourage your team to exercise at the same time daily too

Sleep, activity, and nutrition will help your team keep and maintain their mental edge.

Here are some questions to ask:

- Are you hydrated?
- When was the last time you ate?
- Are you sleeping well?
- Is something bothering you?
- Talk to someone. It’s okay to ask for help.
Resources

- US Army Public Health Command website on Heat Injury Prevention with downloadable briefing slide deck and more detail regarding levels and signs of and treatment for heat injuries. There are also multiple helpful links on this page. http://phc.amedd.army.mil/topics/discond/diseases/Pages/EbolaVirusDisease.aspx
- TRADOC Memorandum, Heat Illness Prevention Program 2014 (Password protected - AKO). This is a 6 page document with useful information for leaders https://www.us.army.mil/suite/doc/42304182

- Human Performance Resource Center: http://hprc-online.org/physical-fitness/tools-apps-videos/videos
- HPRC Program Guides: http://hprc-online.org/physical-fitness/program-guides
- NOFFS (great resource for exercising without a lot of equipment): http://www.navyfitness.org/fitness/noffs

- Sleep Optimization and Sleep for Warfighters http://hprc-online.org/mind-tactics/sleep-optimization-1

- Calculate your daily energy requirements http://bit.ly/hprcnutrition

- Malaria Tip Card: https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?c=0&s=0&f=0&l=0&l=0&malaria

- Breathing exercises www.vimeo.com/hprc
- Stairs to relaxation http://bit.ly/walkstairsrelax
**Performance Triad App**

- The Performance Triad app helps you learn how to use sleep, activity, and nutrition to optimize your performance and improve your health.

**Battle Buddy**

- This app helps you be good Battle Buddy by giving you the tools and information needed to assist your buddy during a crisis. It also provides tips and tools to help you intervene before the situation reaches crisis proportions. This app is organized into two primary areas, “My Buddies” and “My Resources”.

**CBT-i Coach**

- The app will guide users through the process of learning about sleep, developing positive sleep routines, and improving their sleep environments. It provides a structured program that teaches strategies proven to improve sleep and help alleviate symptoms of insomnia. CBT-i Coach is intended to augment face-to-face care with a healthcare professional. It can be used on its own, but it is not intended to replace therapy for those who need it.

**Mindfulness Coach**

- The Mindfulness App helps you to reduce stress and increase wellbeing. Scientific research proves that regular practice for 20 minutes a day brings desired effects.

**Operation Care Package (game)**

- Operation Care Package is a fun, physics-based game where you use a cannon to shoot care packages at challenging obstacles. Earn gold, silver and bronze medals to unlock additional levels. Score too low to level-up? You can play any challenge again without losing points. Game play is easy to learn and can be played by all ages. Connect with family and friends by inviting them to play – or challenge them to beat your score!

**Tactical Breather**

- The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.

**T2 Mood Tracker**

- T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular with many civilian users around the world.

**Breathe2Relax**

- Breathe2Relax is a portable stress management tool. Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body’s ‘fight-or-flight’ (stress) response, and help with mood stabilization, anger control, and anxiety management.
Leader’s “PERFORM At Your Peak” Guide

Front of Card:

Back of Card: