

Peak Performance: Elevate your hiking IQ

OSF HealthCare Newsroom

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BROADCAST SCRIPT

INTRO:

WHETHER YOU'RE AN AVID HIKER – OR JUST ENJOYING THE FRESH BREEZE ON A WALK – PREPARING FOR YOUR JOURNEY IS KEY.

TAKE VO

DR. KARAN RAI (**CURR-IN RYE**) WITH OSF SPORTS MEDICINE OFFERS A VARIETY OF ADVICE TO MAKE YOUR HIKER SAFER THIS SEASON.

FIRST – MAP OUT YOUR ADVENTURE. TAKE INTO ACCOUNT HOW LONG YOUR HIKE WILL TAKE – AND HOW LONG IT WILL TAKE YOU TO GET BACK. ALWAYS INFORM SOMEONE ABOUT YOUR JOURNEY AND STAY WEATHER AWARE.

NEXT – BRING A FIRST-AID KIT. THIS CAN HAVE BAND-AIDS... GAUZE... AND ANTISEPTIC IN CASE OF INJURY. DR. RAI ADDS FOOTWEAR IS EXTREMELY IMPORTANT TO AVOID INJURY.

TAKE 22 SECOND SOT

“As much as you might want to get that perfect picture of the waterfall, try to stick to the marked trails,”
“In general, when you're going off trail, that increases your chance of injury. Whether that's stepping into an unmarked hole or running into some wildlife, those are some of the common pitfalls. Depending how far you go off the trail, it's a lot harder to have people find you if you are unable to get back to the trail.”

VO TAG

DR. RAI SAYS PER HOUR OF HIKING – BRING ONE LITER OF WATER.
COMMON INJURIES WHILE HIKING ARE ANKLE SPRAINS AND KNEE CONTUSIONS... DR. RAI SAYS. AND WHILE MORE RARE – SERIOUS HEALTH EMERGENCIES – LIKE CARDIAC ARREST – CAN HAPPEN. HE SAYS IT'S PARAMOUNT TO KNOW HOW TO ADMINISTER C-P-R AND CALL FOR HELP IMMEDIATELY.

VO/SOT #2:

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NEXT – BRING A FIRST-AID KIT. THIS CAN HAVE BAND-AIDS... GAUZE... AND ANTISEPTIC IN CASE OF INJURY. DR. RAI ADDS FOOTWEAR IS EXTREMELY IMPORTANT TO AVOID INJURY. ONE OF THE MOST IMPORTANT THINGS TO KEEP IN MIND WHILE HIKING – DR. RAI SAYS – IS HYDRATION.

TAKE 24 SECOND SOT

“Depending on the duration of your hike, it varies based on how intense it is. But generally, packing at least 1 liter of water per hour for a beginner’s hike. Then as the intensity level increases, add a half-liter per hour.”

VO TAG

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