



Some basic health recommendations

We remind you that the Rallye is a demanding journey. So to help you to fun during the Rallye, here are some recommendations:

Dietetics and health

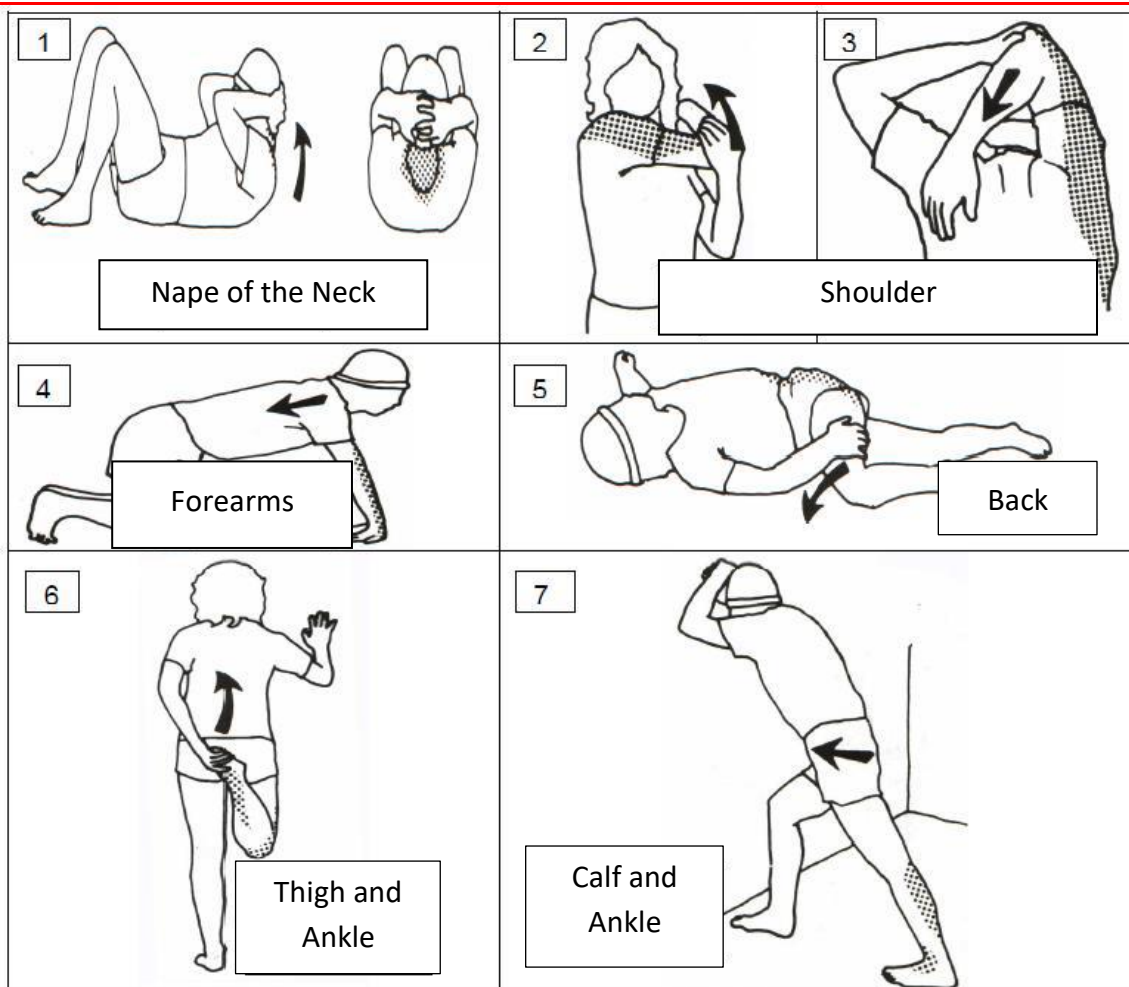
- 15 days before the start, prepare yours hands with fat (balm shea-tree, argan oil or anti heating cream)
- Hydrate : 3 liters of slightly sugared water and warmed every day
- Do not swim in the Canal, risk of illness like la leptospirose vehiculed by rodents

During rowing

- Wear caps/hats, t-shirt, socks and shoes

Recovering

- By sleeping
- By stretching after each rowing time : exemple below 10' of tension, 6' of relaxation, respect the order, 6 times each posture



GOOD TIME WITH US