

Two Core Problems:

1) The Heat Index (measured by temperature and humidity) is higher in Fort Worth Texas than Carson California or Madison Wisconsin. Athletes competing in the CrossFit Games at both locations had some serious complications due to the heat.

2) The primary issue related to Fort Worth compared to previous locations: for Madison and Carson it was very apparent that athletes were going to be repeatedly expected to compete outdoors. This information allowed athletes to prepare appropriately to be as safe as possible for the hot environment of the competition. It is unclear what the expectation is for Fort Worth.

Heat preparation takes multiple weeks and for most athletes this represents a very large financial burden. The qualified athletes for the CrossFit Games are spread out around the world making the ease of adequate heat preparation difficult, for example in the southern hemisphere they will be training during the winter.

To prioritize athlete safety: athletes should be provided with definitive information as to whether tests will occur outdoors. Without this definitive information many athletes' only choice will be to hope for a fully air-conditioned series of tests and they will not thoroughly prepare for heat because of the large financial burden. If the 2024 CrossFit Games includes outdoor tests, those athletes will be put at a very serious health risk that is dangerous. For this reason athletes are asking for more information on the nature of the competition.

Athletes desire only as much information needed so they can prepare themselves safely, but as little as possible to protect the integrity of the competition's desire to maintain the unknown and unknowable nature of the tests. We have laid out below how this can be done:

Messaging Options:

This messaging is undesirable:

- Providing little-to-no information by stating some tests or portions of tests may or may not be outdoors. These potential outdoor tests will be for unknown durations of time and at unknown periods of the day.
- Providing misleading information by informing athletes that they should prepare to compete outside, then hosting a competition that has no outdoor tests. This false information represents a large unnecessary financial toll on the athletes. It also represents a risk that if an athlete learned the information provided was false, they would be at a massive advantage in their preparation.

Either of these situations represents a lack of information that is unprecedented for any sporting event and represents real physical risk to athletes.

This messaging is good:

- Athletes will only compete outside between one and ___ number of tests, and all tests will be completed by ____ [specified time] in the morning. Their maximum time cap duration will be ____ [specified time]. The following additional measures will be made to help keep athletes cool before and after the start of these tests: _____. Or,
- Athletes will have at least two full tests where they are outside for the duration of the test. Both tests will be at least 3 minutes in working time with a time cap over 4 minutes, both tests start after 9:00am. Or,
- Athletes will only compete indoors, but a maximum of two tests will have a portion of the test that includes an outdoor element, similar to how athletes entered and exited the Madison Coliseum at the 2023 Games with Helena or the 2021 Games Tests 6/7. The total time outside will not exceed ____ in either test. Or,
- Athletes will only compete indoors, with the exception of an outdoor water-based test where athletes are swimming or submerged. **Paddling of any kind would feel as hot for an athlete as if they were on a C2 machine outdoors.*

This messaging is great:

- Guarantee athletes will not compete outside at all; or
- Guarantee athletes will only compete outside in tests with time caps under 90 seconds, and within 60 seconds of starting and completing the short test they will be in an air conditioned location for warming up and cooling down; or
- Guarantee athletes will only compete in the water swimming and will be in air conditioning within 60 seconds of starting and completing the swim. Or,
- Confirm there will definitely be multiple tests of multiple time durations that take place outside during all times of the day. Athletes should prepare for a CrossFit Games competition that includes a similar frequency of indoor and outdoor tests like seen in Madison Wisconsin. This means at least three full tests and a maximum of eight tests will be fully outdoors.*

For reference these are the approximate number of outdoor tests in each CrossFit Games competition held in Madison:

2023: 5.5 of 12

2022: 6 of 12

2021: 7 of 15

2019: 6 of 11

2018: 7 of 13

2017: 5 of 13

**Although this is a very intense amount of heat, the athletes are provided with accurate information and can prepare themselves safely.*