

# COOL-DOWN GUIDE

## SAILING

***Special  
Olympics***





# Special Olympics **Health**

MADE  
POSSIBLE BY **Golisano** FOUNDATION

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# Cool-Down Directions

When your training, practice or sport session is complete, you should always cool-down. A good cool-down allows your body to gradually return to a state of rest.

A typical cool-down includes:

1. Light aerobic activity
2. Static stretching

The aerobic activity in a cool-down should decrease in intensity. It could be a light jog, moving into a brisk walk and finally ending to a slow walk.

After you complete the light aerobic activity, you will want to stretch. Stretching for flexibility is very effective in the cool-down.

## HOW TO USE THIS GUIDE

- Hold each stretch for **at least 30 seconds**.
- **Stretch both sides** – if you stretch your right shoulder muscle, stretch the left!
- Stretches should be performed to **mild discomfort**, but should not be painful.

# Sample Cool-Down

## LIGHT AEROBIC ACTIVITY

The light aerobic activity in a cool-down should decrease in intensity. It could be a light jog, moving into a brisk walk and finally ending to a slow walk.

## STATIC STRETCHES

Unlike dynamic stretches, static stretches consist of one position that is held in place. If you don't have enough time, select a few that focus on the different muscles used in your sport:

- Cross Arm Shoulder Stretch
- Seated Rotation Stretch
- Kneeling Hip Stretch
- Side Stretch
- Quadriceps Stretch
- Triceps Stretch
- Rounded Back Stretch
- Wrist Flexion and Extension





# Cross Arm Shoulder Stretch

## DIRECTIONS

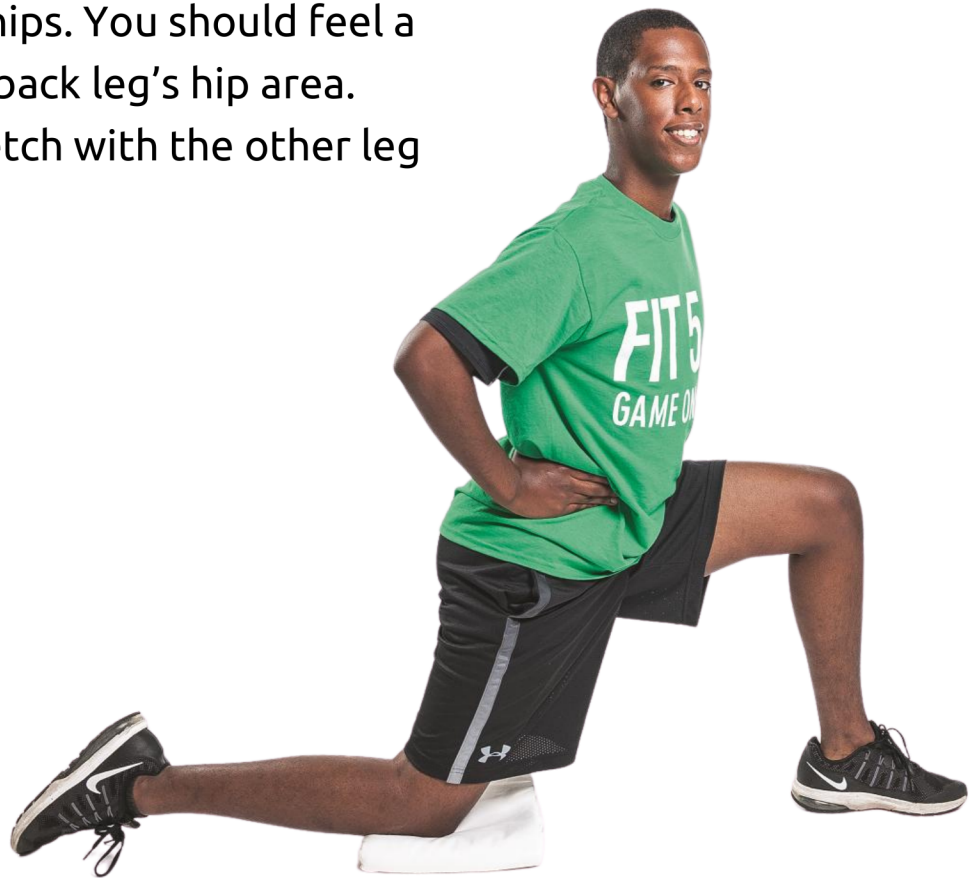
- Cross your left arm across your chest with your elbow slightly bent. Make sure to keep your left shoulder down away from your ear.
- Place your right hand on the back of your left arm just above the elbow. Pull your left arm in toward your chest until you feel a stretch. Repeat with your right arm.



# Kneeling Hip Stretch

## DIRECTIONS

- Kneel on the ground.
- Take one big step forward. Bend your front leg.
- Push your hips forward and put your hands on your hips. You should feel a stretch in your back leg's hip area.
- Repeat the stretch with the other leg in front.



# Quadriceps Stretch

## DIRECTIONS

- Stand up tall and shift your weight to your right leg.
- Lift your left foot and hold it with your left hand. You may put your right hand on a stable surface, like the back of a chair or wall, to help you balance.
- Pull your left foot toward your body until you feel a stretch in the front of your left leg.
- Switch legs and repeat the stretch on your right leg.

**NOTE:** You can also do this stretch laying down.



# Rounded Back Stretch

## DIRECTIONS

- Stand tall and lace your fingers together with your palms facing outward.
- Stretch your arms out in front of you at shoulder level.
- Reach out so that you feel your upper back stretch. Tuck your chin toward your chest and look down.





# Seated Rotation Stretch

## DIRECTIONS

- Sit tall on the floor with your legs straight out in front of you.
- Cross your right leg over your left leg. Put your right foot on the floor close to your left knee.
- Turn your upper body towards your right side. Use your right arm to help you sit tall. Use your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.
- Switch sides and repeat the stretch.



# Side Stretch



## DIRECTIONS

- Stand tall with your feet a little wider than your hips.
- Bring your left arm up so that it is close to your ear.
- Bend sideways at your waist toward your right side. Keep your arm next to your ear the whole time. You should feel a stretch in the left side of your torso.
- Repeat with your right arm up and your left side bent.



# Triceps Stretch

## DIRECTIONS

- Stand or sit tall with your left arm by your ear. Bend your elbow so that your hand touches your back.
- Reach over your head with your right arm. Grab your left elbow with your right hand. Pull your left arm even closer to your ear. You should feel a stretch in your upper left arm.
- Repeat the stretch with your right arm by your ear and your left arm grabbing your right elbow.



# Wrist Flexion & Extension



FLEXION

## DIRECTIONS

- Sit or stand with your head up and looking forward.
- **Extension:** Turn your palm towards the ground. Use the other hand to pull your hand down toward the ground.
- **Flexion:** Turn your palm face up toward the ceiling. Use the other hand to pull your fingers back toward the ground.
- Switch arms and repeat both stretches.



EXTENSION



# Benefits of a Cool-Down

It is just as important to have a good cool-down as it is to have a good warm-up. A good cool-down **allows the body to gradually return to a state of rest.**

## Physical and Mental Benefits

- Decrease heart rate
- Decrease breathing rate
- Decrease body and muscle temperature
- Returns rate of blood flow from the active muscles to resting level
- Decrease muscle soreness
- Improve flexibility
- Increases the rate of recovery from exercise
- Promote relaxation