

## Umpiring Away From Home

### Introduction

Umpiring away from home will certainly be a new experience for every umpire – it presents new challenges and opportunities. Many umpires have either impressed or otherwise by their performance and conduct while “on the road”. These days, in the world of “professionalism”, everything that you do as an international Umpire will be scrutinised and will reflect on you as an individual. This paper is designed to help you plan your trip away from home, make it an enjoyable experience and help you prepare for high performance. A lot of this information is common sense, but I hope that it helps make your next assignment a successful and enjoyable one.

### Before You Leave

1. Develop a list of essential items that you may wish to take with you on your trip. Items that you may wish to consider include: -

- Laptop computer
- Camera
- Glasses or contact lenses
- Spare batteries
- Passport and or airline tickets
- Pillow
- Mobile phone – and charger
- Email contacts and contact phone numbers
- Music player and CD's
- Power adapters (for other countries)
- Visas (for other countries if applicable)
- Vaccination card (for international travel)
- Umpiring equipment (clothes, tools and hat)
- Anything else that would make your stay more comfortable e.g. Reading material.
- Selected favourite food or snacks – e.g. Vegemite, muesli bars

2. Vaccinations (International) – Consult your State Doctor at least two weeks before you leave to seek advice on vaccination and medication requirements. You may also consider obtaining a traveler's kit for the treatment of diarrhea and other stomach ailments.

3. Visas (International) – Contact the Embassy of the country that you are to visit and establish whether a Visa is required for Australian passport holders. If so, complete the necessary paperwork in time before you travel and obtain your Visa.

4. Luggage / Airline – Obtain appropriate luggage cases if required. Ensure that they can be secured with locks and if possible carry at least one hard case bag with key locks and

combination lock. Contact the airline if you are concerned about your luggage allowance to ensure that you do not get stuck with excess baggage costs at check in.

It is a good idea to pack your non-replaceable umpiring kit into your hand luggage. For example, if your luggage did not arrive in your destination with you, what items are most important to you and would be difficult to replace at your destination – those are the items that you should keep with you in your hand luggage.

## Communication

Plan how you are going to keep in touch with your family, friends and employer. If you are taking your mobile phone, ensure that your network will work in that area. Also establish the most affordable way to make calls – will it be cheaper for you to call home or visa versa? If you are not taking a mobile phone, consider doing the same homework on hotel call costs. For international travel, contact your provider to set up an international roam facility and establish indicative call costs and processes for making and receiving calls.

Do the same with Internet communication – consider using Internet cafes, as they may be a cheaper alternative to using hotel facilities. When travelling internationally, remember that the hotel charges most local calls by the minute! Don't forget to contact your ISP to establish the best way to get on line when away from home.

## Uniform / Clothing

When in transit, it is important to dress appropriately and comfortably. If you are travelling interstate, then wear your provided ACB uniform and ensure that you present well. When travelling on an extended flight, you may wish to take a change of clothing onto the plane that is more comfortable and change into it during the flight. Then you can relax on the flight and change back into your uniform before arrival.

Research the climate in your destination and determine what sort of clothing that you will need to take. Take at least one change of warm or cool clothing to cover the extremes. You will need at least two changes of clothes to cover the time it takes to have your laundry done.

## Hotel Costs

As we know, spending time away from home is not cheap. As you are provided with daily expenses, it is important to stretch those dollars as far as possible and avoid extra costs. When checking in to the hotel, establish what costs are indicative of the services that you are likely to use. For example, local or international calls, room service charges, access to gym facilities, laundry and mini bar. It is also a good idea to keep track of your account on a daily basis to ensure there are no errors when it comes time to check out – some memories are not as good as others!

## Food / Diet

There are a large variety of foods available in hotels especially at breakfast time. It is important to maintain your eating habits when on the road and not start to eat foods “just because they are available”. The same can be said for evening meals – most restaurant meals are prepared for tastes (i.e. Cooked in saturated fats or have a substantial amount of salt), don’t fall into the trap of thinking with your stomach rather than your head. The temptation is to eat too much which can make you feel uncomfortable.

Eat the same food groups that you are used to eating at home. If you are away from home and doing an important match, it is not the right time to start trying new foods such as curries or sea food – there is no need to take a risk of an upset stomach and an uncomfortable night’s sleep. Try not to “splurge” and let yourself go by taking advantage of all the food and drinks on offer maintain your normal dietary intake and you will feel better for it.

## Sleep

Travelling, waiting in a multiple of queues and trying to sleep in an unfamiliar bed can be a tiring experience. It is vital for umpires to get a good nights sleep – which means getting between 7-9 hours quality rest per night. Again there is a temptation to “let yourself go” when away from home and stay out late. I would recommend keeping your nightly routines the same as at home, and this means getting a nights sleep that your body and mind is used to. Sleeping in an unfamiliar bed can be disconcerting to some, so if you think that you may have a problem sleeping away from home, it may help taking your own pillow with you – it can really help a lot and make you feel more relaxed.

## Summary

Umpiring away from home can be more stressful as you do not have all of the local “support” around you. It can be made easier if you plan your trip and items that you want to take with you. Try to keep your sleep and eating patterns similar to that of home and don’t take unnecessary risks with late nights or strange food. Remember why you are there and what is the most important task at hand – to umpire to your potential, represent your Home Board and yourself with high distinction.