



SISA MEDICAL NOTIFICATION AND CLEARANCE PROCEDURE

Overview

This Procedure establishes guidelines for applying for an exceptional circumstance at Singapore National Figure Skating and Short Track Speed Skating Championships should injury or illness prevent the skater from competing in any part or the entire Championship event.

Procedure

Any skater, who is unable to compete at the Singapore National Figure Skating or Short Track Speed Skating Championships due to injury or illness, may apply for an exceptional circumstance in order to be considered for nomination to international events in the upcoming season.

To apply for an exceptional circumstance:

1. The skater must have entered the Singapore National Figure Skating or Short Track Speed Championships (submitted an entry form with the accompanying fee).
2. The skater must submit to the SISA Exco within 72 hours of the notice of withdrawal from the Championships:
 - a. Notice to apply for exceptional circumstances to maintain nomination to International Competitions and/or be considered for nomination to ISU Championships or Competitions.
 - b. A medical certificate.
3. The medical certificate must be issued on the stationery of a Medical Doctor and duly signed by the Medical Doctor.
4. The medical certificate must include (based on ISU Rule 140.5):
 - a. The history and physical examination which clearly indicates the date of the injury or date of onset of illness, the type of injury or illness the severity of the injury or illness, as well as the physical findings on examination.
 - b. The recommended treatment by the physician including medications, therapy, advice on training frequency and intensity, date for follow-up examination (a copy of this assessment to be forwarded to the SISA Exco), the expected date of return to full activity, planned further investigations and/or criteria for return to full activity.

Once the skater is cleared for return to full activity, the skater must undergo monitoring session(s) as directed by the SISA International Selection Panel.

Nomination to international events will only be considered based on satisfactory performance at such monitoring session(s).

Authorised by:	Executive Committee
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