



# **SINGAPORE ICE SKATING ASSOCIATION**

## **Medical Notification and Clearance Policy Current and Potential Squad Members Figure Skating**

(Published June 2017)

## 1. Introduction

- 1.1. The objective of the Singapore Ice Skating Association (SISA) 2018 Medical Notification and Clearance Policy is to establish the criteria for skaters applying for exceptional circumstances at Benchmark Events. As well as the for all International and Development Squad members notifying SISA of an injury they have sustained during the season.
- 1.2. The following definitions apply throughout this policy:

SISA	Singapore Ice Skating Association of Singapore
Benchmark Event	An event designated as a Benchmark Event for International and Development Squad selection
ISU	International Skating Union
SNFSC	Singapore National Figure Skating Championships
International Squad	Athletes that are a member of the SISA International Squad
Development Squad	Athletes that are a member of the SISA Development Squad

## 2. Athlete Requesting consideration of Exceptional Circumstances

Any athlete who is unable to compete in any part or all of the SNFSC or Benchmark Event due to injury or illness, may apply for an exceptional circumstance in order to be considered for nomination to local / international events or for selection to the Development and International Squads.

- 2.1. The athlete must be entered into the SNFSC / Benchmark Event (submitted an entry form with accompanying fee)
- 2.2. The athlete must submit to the SISA Selection Panel within 72 hours of the notice of withdrawal form, or the start of the SNFSC / Benchmark event, the following documents, in English.
  - a. Notice to apply for exceptional circumstances to maintain nomination to local / international competitions and/or be considered for selection to the Development and International Squads.
  - b. A medical certificate.
  - c. Copies of laboratory or radiological reports that were conducted in the investigation of the injury / illness.
  - d. The recommend treatment plan
- 2.3. The medical certificate must be issued on the stationery of a Medical Doctor and duly signed by the Medical Doctor
  - a. The medical certificate must include (based on ISU Rule 140.5)
    - i. The history and physical examination which clearly indicates he date of the injury or date or onset of illness
    - ii. The type of injury or illness
    - iii. The severity of the injury or illness
    - iv. As well as the physical findings on examination
  - b. The recommended treatment plan by the physician must include:
    - i. Medications
    - ii. Therapy
    - iii. Advice on training frequency and intensity
    - iv. Date for follow-up examination (a copy of this assessment to be forwarded to the SISA Selection Panel)
    - v. The expected date of return to full activity
    - vi. Planned further investigations and/or criteria for return to full activity

### 3. Development / International Squad Illness / Injury Notification

Any member of the Development / International Squad who is unable to train for longer than 3 days due to illness or injury must notify the SISA Selection Panel within 24 hours of diagnosis of the illness / injury.

- 3.1. The athlete must submit to the SISA Selection Panel the following documents, English.
  - a. A medical certificate.
  - b. Copies of laboratory or radiological reports that were conducted in the investigation of the injury / illness.
  - c. The recommend treatment plan
- 3.2. The medical certificate must be issued on the stationery of a Medical Doctor and duly signed by the Medical Doctor
  - a. The medical certificate must include (based on ISU Rule 140.5)
    - i. The history and physical examination which clearly indicates he date of the injury or date or onset of illness
    - ii. The type of injury or illness
    - iii. The severity of the injury or illness
    - iv. As well as the physical findings on examination
  - b. The recommended treatment plan by the physician must include:
    - i. Medications
    - ii. Therapy
    - iii. Advice on training frequency and intensity
    - iv. Date for follow-up examination (a copy of this assessment to be forwarded to the SISA Selection Panel)
    - v. The expected date of return to full activity
    - vi. Planned further investigations and/or criteria for return to full activity

### 4. Post Illness / Injury Monitoring

- 4.1. For all Development / International Squad Members, once the athlete is cleared for return to full activity, the athlete must undergo monitoring session(s) as directed by the SISA Selection Panel or by another suitably qualified Medical or Sports Science practitioner appointed by SISA.

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