



SINGAPORE ICE SKATING ASSOCIATION

Exceptional Circumstance, Medical Notification and Clearance Policy for Current and Potential Squad Members

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1. Introduction

- 1.1. The objective of the Singapore Ice Skating Association (SISA) Exceptional Circumstance and 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 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
Benchmark Event	An event designated as a Benchmark Event for team selection
ISU	International Skating Union
National Championships	Singapore National Figure Skating / Short Track Championships
Team	<ul style="list-style-type: none"> - Figure Skating National Squad - Figure Skating Development Squad - Short Track National Squad - Short Track Development Squad

2. Athlete Requesting consideration of Exceptional Circumstances

Any athlete who is unable to compete in any part or all of the National Championships or Benchmark Event due to injury or illness, or any other event reasonably considered by SISA to constitute extenuating circumstance may apply for an exceptional circumstance in order to be considered for nomination to local / international events or for selection to the Squad.

- 2.1. The athlete must be entered into the National Championships / Benchmark Event (submitted an entry form with accompanying fee)
- 2.2. The athlete must submit to SISA within 72 hours of the notice of withdrawal form, or the start of the National Championships / 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 Squad.
 - b. A medical certificate (if applying due to injury or illness) detailing the injury or illness.
 - c. Other documentation supporting the request due to extenuating circumstances request.
 - i. Additional documentation as and when requested by SISA may be asked for to support the request.
- 2.3. If applying for consideration due to Medical Reasons the following guidelines must be followed:
 - a. The medical certificate must be issued on the stationery of a Medical Doctor and duly signed by the Medical Doctor
 - b. The medical certificate must include the following information (based on ISU Rule 140.5)
 - i. The history and physical examination which clearly indicates the 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
 - c. Copies of laboratory or radiological reports that were conducted in the investigation of the injury / illness.
 - d. 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 SISA)
- v. The expected date of return to full activity
- vi. Planned further investigations and/or criteria for return to full activity

3. Squad Members Illness / Injury Notification

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

- 3.1. The athlete must submit to SISA 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 recommended 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 the date of the injury or date of 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 SISA)
 - v. The expected date of return to full activity
 - vi. Planned further investigations and/or criteria for return to full activity

4. Post Exceptional Circumstance / Illness / Injury Monitoring

- 4.1. For all Squad Members, once the athlete is cleared for return to full activity (following an injury or illness) or after being granted an exceptional circumstance, the athlete must undergo monitoring session(s) as directed by SISA.
- 4.2. If following an injury or illness, SISA may request a follow-up report on activity readiness from a suitably qualified Medical or Sports Science practitioner appointed by SISA.
- 4.3. Nomination to local / international events will only be considered based on satisfactory performance at such monitoring session(s).