



FIAS Medical Pre-Participation Guidelines

Based on current and scientific evidence and best practices, FIAS has developed the following Pre-Participation Examination (PPE) guidelines designed for team physicians, trainers, and other health care professionals working with SAMBO athletes to apply regardless of the sport or an athlete's performance goals. It has been identified conditions that may threaten the health and safety of those involved in organized sports and may require further evaluation and intervention or disqualification. Therefore, FIAS is recommending a standardized PPE process to determine risk factors and ascertain that athletes are physically and mentally prepared for sports participation.

The main factors to be observed:

A. Medical and Family History

A comprehensive medical and family history should be obtained from each participant and remains the cornerstone of the PPE. This history identifies 75 percent of problems that affect initial sport participation.

Consider the areas of greatest concern for sports participation there are recommendations for preparticipation cardiovascular screening of competitive athletes.

The histories should be reviewed carefully, and both the athletes and parents should be questioned and reconfirm their responses.

Particular attention should be given to musculoskeletal injuries, often common causes for restriction or disqualification, as well as prior surgeries or related underlying conditions that might predispose an athlete to injury.

B. Physical Examinations

A general physical examination is recommended. The screening should include a check of vital signs (e.g. height, weight and blood pressure; visual acuity, cardiovascular/pulmonary, abdominal, neurologic and general medical and musculoskeletal examinations). Although another provider may record the initial vital signs for efficiency, the data should always be reviewed by the physician. Further examination should be based on potential concerns uncovered during the history.

1. Cardiovascular screening

Specific questions regarding risk factors and symptoms of a cardiovascular disease should be asked during the history portion of the PPE. As noted earlier, a positive response to any question should be confirmed and further evaluation conducted if necessary.

Auscultation – or listening to – the heart should be performed initially with the patient in both standing and supine positions and during squat-to-stand motions to clarify any type of murmur.

Although echocardiography (ECG) is not considered a routine part of a PPE screening, the results may have benefits in some cases. ECGs and stress tests remain the most commonly recommended diagnostic tests for patients with an abnormal cardiovascular history or exam.



2. Neurologic screening

A thorough neurologic screening is necessary if the athlete has a history of concussions, seizure disorder, cervical spine stenosis or spinal cord injury.

The athlete should be evaluated for full range of neck motion. Symptoms such as weakness, paresthesia or numbness in the arms, hands or legs should prompt further testing.

Individuals playing sports that are associated with a high risk of concussions may be considered for baseline neuropsychological testing during the PPE. **Athletes with a history of three or more concussions or delayed recovery may need to be considered for temporary or permanent disqualification.**

3. Orthopaedic screening

The musculoskeletal history screening and physical examination can be combined for athletes who have no previous injuries. If the athlete has any signs or symptoms of pain or tenderness, or reduced range of motion during the general exam, a site-specific exam should be performed.

The exam should be used to identify conditions that would do sports participation unsafe and to facilitate programs for injury prevention.

Clearance for participation must be based on the degree and type of injury and the requirements of the sport. Additionally, protective padding, taping or bracing may allow the athlete to compete safely.

C. General medical screening

The use of routine laboratory or other screening tests such as urine analysis, complete blood count or chemistry profile during the PPE is not supported by current studies.

However, appropriate tests and screenings may be warranted for athletes who have a history of anemia, diabetes mellitus type 1 or 2, sickle cell trait, cardiovascular conditions or exercise induced bronchospasms; or are female and have abnormal menstrual cycles.

D. Medication use

All medications and supplements currently used by the athlete should be reviewed during the physical exam.

Listed medications may alert the examiner to medical conditions that have not been disclosed on health forms.

Athletes and parents should be questioned on the use of prescription and over-the-counter medications, energy drinks that can affect athletic performance and banned substances.

E. Nutritional assessment

Ensuring proper nutrition is essential for optimal sport performance and should be addressed during the PPE.



The athlete's height and weight should be evaluated for under-nutrition or obesity, and concerns about disordered eating should be pursued.

F. Mental health considerations

As part of the health history portion of the PPE, questions to determine the mental health status of the athlete should be included along with a plan for referral and follow-up.

Added visibility that athletes receive due to sports participation may contribute to a mental health concern and require further attention.

The physicians working with team coaches and mental health professionals will help to ensure the athlete receives appropriate care.

Administration of PPE

The PPE should be conducted 4-6 weeks before preseason training begins to allow time for proper follow-up of findings requiring additional evaluation. For the SAMBO athletes it is highly recommended to proceed with the pre participation examination in month January as the validity of the examination is one year only. The PPE shall be done annually for SAMBO athletes holding international license.

From January 2021 will be obligatory to provide a prove of PPE for all athletes' participation at FIAS World Championships and FIAS Continental Championships. The Medical Delegate would collect confirmations form when each National SAMBO Organization who nominated the athlete at the event would guarantee that the athlete went through PPE. Such a form must be sign by official representative of the National SAMBO Organization.

Privacy would be always respected when the findings of the PPE are communicated.



FIAS PPE CONFIRMATION FORM

Name of the event:

Name of the National SAMBO Organization:

Name of the athlete:	Birth Date:	Discipline:	Weight Category:
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On behalf of organization I am representing, I hereby confirm that all athletes mentioned above have undergone the Pre-Participation Medical Examination according to FIAS Competition Rules and recommendations of FIAS Medical and Anti-Doping Commission. I guarantee that information is filled truthfully and based on my best knowledge.

Name of the declaring person:

Function within Organization:

Date:

Signature and Stamp: