



## **MEDICAL ORGANISATION OF THE FIG COMPETITIONS (In addition Gymnastics for All Events) Document approved by the FIG Executive Committee On 10<sup>th</sup> May 2014 in Kuwait (KUW) Updated on 3<sup>rd</sup> July 2015**

### **PREAMBLE**

These rules concern only the FIG Competitions and not FIG Events (such as FIG gymnastics for all events and FIG Gala, etc). At FIG Events, the spirit to protect and to secure the gymnasts is the same but these rules may be adapted to each situation.

The responsibility for the medical organisation of an international gymnastics competition is incumbent upon the Federation of the organising country. In the case of major FIG competitions, the Federation concerned shall propose to the President of the FIG Medical Commission the name of a doctor to be entrusted with the responsibility for the competition and this at least 3 months prior to the competition in question. The doctor thus designated will be known as the Chief Medical Officer of the Organising Committee. He shall submit a medical plan in accordance with the recommendations and the regulations of the FIG. The FIG Medical Commission reserves the right to intervene on the occasion of official competitions should these recommendations and regulations not be correctly interpreted or implemented.

These rules have to be strictly followed by any Organising Committee under contract with FIG. In addition to these rules the Organising Committee is responsible to follow all applicable local and national regulations regarding emergency and no-emergency care.

The “Medical Organisation of the FIG Competition” rules are following the concept of the IOC Medical Code and FIG Statutes.

The masculine gender is used throughout the whole text to refer to both males and females.

## ARTICLE 1 - MEDICAL PREMISES

- 1.1. Within the framework of the various training halls (if these be distinct and separate from the complex containing the competition hall):
  - At least one room shall be reserved only for medical care.
  - A separate secure space for doping controls..
- 1.2. Within the framework of the competition and warming-up halls (these being basically in the same place or very close to one another):
  - At least one room shall be reserved for **medical care** at the same level of the competition floor and close to the podium, separated by screens for males and females.
  - Space shall be reserved for the **doping control area**. This space shall include a waiting area with seats, an interview room and a toilet. The toilet shall be large enough to accommodate a Doping Control Officer and the gymnast who is undertaking the drug test. The equipment provided should be in accordance with the International Standard for Testing and the WADA Sample Collection Guideline.
- 1.3. These rooms are for medical use exclusively. They are not to be utilised for meetings, relaxation, eating or resting. Only the medical and anti-doping staff on duty is allowed.
- 1.4. All medical and anti-doping rooms are non-smoking.
- 1.5. During the competition, a table with eligible medical equipment shall be located in the competition area with a clear view and access to the Podium.

## ARTICLE 2 - THE EQUIPMENT AND MEDICATION

### 2.1. Equipment

2.1.1 The amount of equipment necessary should be evaluated in keeping with the number of participating gymnasts, their eventual dispersion and multiplicity in the training and competition halls. It shall be composed of the following minimum equipment:

- Tables for examination and massage, (available in each medical room)
- First aid materials
- A defibrillator
- Physio-electrotherapy equipment
- Stretchers and wheelchairs
- Communication equipment (Telephone - walkie talkies, etc.).

2.1.2 Particularly recommended, and to be set up within close proximity:

- A refrigerator with ice available at all times in good quantity, along with appropriate containers for carrying ice. This must be located within close proximity of the medical and anti-doping rooms.

## **2.2 Medication**

- 2.2.1 Emergency medication must be provided by the Organising Committee.
- 2.2.2 Small quantities of general medications should be supplied by the organisers.
- 2.2.3 For other medications, the Chief Medical Officer of the Organising Committee may provide a courtesy prescription if possible and medically appropriate. Medication under this prescription is to be paid for by the gymnast or the respective federation.
- 2.2.4 Blood disinfectant products, with both bacterio-static and viro-static properties, for the gymnasts and apparatus.

## **ARTICLE 3 - THE STAFF**

- 3.1. The Chief Medical Officer of the Organising Committee, responsible for the sports organisation and the competition areas is designated by the Organising Federation. His/her nomination must be submitted at least two months before the beginning of the competition to the President of the FIG Medical Commission for approval.
- 3.2. One doctor shall be responsible for the public. This doctor shall be designated by the Chairman of the Organising Committee and shall be under his/her direct orders, without the FIG's approval being required.
- 3.3. The Chief Medical Officer of the Organising Committee is strongly advised to select a sufficient number of medical personnel (doctors, masseurs, physiotherapists, nurses and first-aid staff, etc.) as should be necessary for the number of participants, considering the eventual dispersion and multiplicity in the training and competition halls. At least one medical representative must be trained to emergency skills and care.
- 3.4. The designated medical room and facilities must be staffed at all times from the beginning of training, until the end of competition. It is mandatory to ensure medical supervision at all training and competition halls, including during the warming-up periods.
- 3.5. The Chief Medical Officer of the Organising Committee must be accredited to all areas.
- 3.6. During the competition, there will be designated seating for the Chief Medical Officer of the Organising Committee and the President of the Medical Commission or its representative. These seats are to be located in the competition area near the seats of the Local Organising Committee.
- 3.7. During the competition, a maximum of 3 persons of the medical staff should be seated at the medical table, located nearby the podium (see art. 1.5 of these rules), with eligible medical equipment.

## **ARTICLE 4 - EMERGENCY MEASURES**

- 4.1 A medically equipped vehicle must be available and present at all times at the primary venue for intervention and emergency transport. The Organising Committee is directly responsible to organise the best optimum condition for the fastest and safe transport, including easy access to the venue.
- 4.2 A medically equipped vehicle must be immediately available at all times for any remote training venue for intervention and emergency transport. The Organising

Committee is directly responsible to organise the best optimum condition for the fastest and safe transport, including easy access to the venue.

- 4.3 The Chief Medical Officer of the Organising Committee must make arrangements for accommodating accidents at a specialised medical centre. In the event of the need for outside medical care, the organizing committee is responsible to arrange for a hospital and medical doctors that can provide emergency treatment for medical or orthopedic evaluation, radiological examination and treatment with minimal delay. Each of the providers must be on alert for the days of training and competition.
- 4.4 If the hospital is not able to provide a translator, the organizing committee will arrange for a translator or companion person for the injured athlete while they are requiring outside medical care.
- 4.5 A Medical Doctor graduated as accident and emergency care must be available and present during trainings and competitions.

## **ARTICLE 5 - MEDICAL TEAMS OF THE PARTICIPATING COUNTRIES**

- 5.1. The FIG Rules for Accreditation foresees within each delegation the official accreditation of certified medical personnel. These accreditations can not be used by non medical personnel. These persons may make use of the on-site medical facilities and the equipment provided by the Chief Medical Officer of the Organising Committee with the prior agreement of the latter. It is nonetheless recommended that these individuals provide their own medical supplies and medicinal products. The number of medical personnel to be accredited will be determined by the format of the competition (see FIG Technical Regulations and Rules for Accreditation). Regarding FIG Medical Commission members they must choose accreditation with either FIG or their National Federation but not both and respect the limits of that accreditation.
- 5.2. **During the competitions**, the medical doctors and paramedical staff members of the participating teams must remain seated in the places provided for that function within the competition area. **In the event of serious accident** or any other emergency, it is the Chief Medical Officer of the Organising Committee or his representative or President of Medical Commission or his representative and may permit the delegation's medical doctor or paramedical staff to assist. Upon approval, team medical doctors or paramedical staff may treat their gymnasts in the competition area providing they return immediately to their designated places following treatment (see FIG Rules for Accreditation, regarding the authorized area).
- 5.3. National delegations having no medical staff of their own may request assistance from the medical team of the Organising Committee.
- 5.4. Except in exceptional circumstances, it is recommended that medical doctors or paramedical staff do not treat gymnasts from other nations, unless by mutual agreement and responsibility (due to ethical and technical insurance reasons).
- 5.5. The Professional Medical Indemnity Insurance of the team doctor or physiotherapist (masseur) is his exclusive responsibility or that of his own Federation.

## **ARTICLE 6 - ROLE OF THE FIG MEDICAL COMMISSION**

Regarding the Medical Organisation of the FIG competitions the President of the FIG Medical Commission or his representative, or a member of the FIG Medical Commission, or a person delegated by such a member:

- 6.1. Shall ensure that the recommendations and obligations concerning the organisation of FIG gymnastics competitions be correctly applied. If necessary, he may communicate his observations to the Chief Medical Officer of the Organising Committee so that the latter may take the necessary measures.
- 6.2. Must be accredited to all areas.
- 6.3. Verifies the organisation and carrying out of anti-doping tests. He verifies authorisation of any Therapeutic Use Exemptions in accordance with the FIG/WADA procedures.
- 6.4. Shall approve the official medical certificates.
- 6.5. May provide his aid, medical advice or assistance to the delegations which request it.
- 6.6. The President of the FIG Medical Commission or his representative may report at every moment any deficiency or non-compliance with the Medical Rules to the President or the Secretary General of the FIG for them to take immediate or later appropriate measures.

## **ARTICLE 7 - MEDICAL RESEARCH**

In cases where medical research is proposed by or through the Organising Federation within the framework of the competition, the Chief Medical Officer of the Organising Committee shall inform and request approval of the FIG Medical Commission of this circumstance minimum three months in advance of the competition, and at least before the workplan is published, to allow for an examination of such a proposal and integration into the workplan.

It is imperative that any research must comply with the following criteria:

- Authorisation of the FIG Medical Commission in connection with the Scientific Commission;
- Being useful for the development of knowledge of gymnastics and in connection with the current medical research programme of FIG;
- Information about this approved research published in the FIG workplan sent to all FIG National Federations.
- The results of the medical research must be provided to the FIG Medical Commission within 6 months.
- If there is a conflict with a proposed medical research program, priority will be given to the FIG medical research program

Upon approval by FIG, researchers must:

- Get the authorisation of the National Federation of the gymnasts concerned;
- Limit a time period of the tests, use non-invasive procedures, ensure tact and discretion, respect the athlete privacy and discretion and avoid disturbing preparation for the competition;
- Accept that individual approval will be voluntary and used as anonymous;
- Imperatively make the results of these investigations available to the FIG Medical and Scientific Commissions in a pre-publication format before publication.

Within these clearly defined conditions the FIG Medical Commission can only encourage this type of initiative and is ready to provide assistance. Assistance from the Organising Committee would be highly appreciated.

Any contact with media (tv, radio, newspaper, internet, social networks, etc) is **STRICTLY PROHIBITED** about the health, welfare, injury, treatment, doping control or research on gymnasts without the express permission of the Medical Commission President, FIG Secretary General or their designee.

## **ARTICLE 8 - INJURY REPORTS**

The Organizing Committees and Chief Medical Officer must complete the injury report summary and an injury report form on every injured athlete. The injury report summary must be submitted even if there are no injuries. The information needs to be completely filled out and legible in English or French. All information will be strictly confidential and used to help FIG Medical Commission to better understand how to evaluate and prevent future injuries.

This information must be sent by the Chief Medical Officer of the Organising Committee, under confidential mail, to FIG Offices immediately at the end of the competition. If these requests are not followed in the next days after the Event the organizing committee will be sanction by the FIG.

## **ARTICLE 9 - DOPING CONTROL**

9.1. See FIG Anti-Doping Rules, The WADA Code, the International Standards and all related rules and regulations.

### **9.2 Injections (Needle Policy)**

See FIG Anti-Doping Rules.

During FIG competition and event (from 24 hours before the start of the first practice through to 24 hours after the end of the last competition and event), any injection to any site of an athlete's body of any substance:

- must be medically justified. Justification includes physical examination by a certified medical doctor (M.D.), diagnosis, medication, route of administration and appropriate documentation;
- must respect the approved indication of the medication = no off-label;
- must be administered by a certified medical professional unless authorized by the FIG Doctor or official local organizing committee Doctor.
- must be reported immediately and in writing not later than 24 hours afterwards to the FIG Doctor or official local organizing committee Doctor (except athletes with a valid TUE for this competition). The report must include the diagnosis, medication and route of administration.

The disposal of used needles, syringes and other biomedical material which may affect the security and safety of others, including blood sampling (e.g. lactates...) and other diagnostic equipment shall conform to recognized safety standards.

## **ARTICLE 10 - PREVENTION OF VIRAL DISEASES (AIDS, VIRAL HEPATITIS, ETC...)**

### **10.1 During the competition:**

#### **10.1.1.Cleaning of the gymnast:**

If blood is on the body or attire of the gymnast, it is the responsibility of the head of the Jury at the closest table-station to request correction. The head of the Jury will ensure that the gymnast is protected and the blood is removed.

This task has to be performed by one person of the medical staff of the delegation. If not present, it shall be done by the medical staff of the competition area.

#### **10.1.2.Cleaning of the apparatus:**

If blood is on an apparatus or common equipment, it is the responsibility of the head of the Jury at the closest table-station to request correction. The head of the Jury will ensure that other gymnasts are protected and the blood is removed. The medical staff of the competition area will clean the apparatus and shall use an appropriate cleaning product (see art. 2.1.1).

### **10.2. During the training sessions:**

#### **10.2.1 Cleaning of the gymnast:**

If blood is on the body or attire of the gymnast, it will be up to the national federation medical staff or, if not present, to the medical staff responsible for the hall to ensure that the gymnast is protected and the blood is removed.

#### **10.2.2 Cleaning of the apparatus:**

If blood is on an apparatus or common equipment, it is the responsibility of the medical staff of the hall to clean the apparatus or common equipment, using an appropriate cleaning product (see art. 2.1.1).

The gymnast and/or his coach are hereby equally responsible for making known all sores, wounds and traces of blood to the Organising Committee medical staff.

## **ARTICLE 11 - ENVIRONMENTAL CONDITIONS**

### **1. Sounds level**

The sound level (music and announcements) must be lower than 80 dB at a frequency of 1.000 Hertz (Hz) measured on isosonic curves.

The verification / control will be carried out by the Organising Committee Technicians and by the FIG Medical Commission or its representative, if deemed necessary.

The sound level check will be done by a sonometer placed near the judges.

It will be the duty of the technician responsible for sound to ensure that the sound level is kept within the above-mentioned limit. He is to deny any intervention or entreaty except from FIG.

### **2. Humidity and Temperature : Heat index score recommendation**

The FIG recommends a calculated heat index score (Temperature vs humidity) equal to or less than 39 score. Please see appendix 3. (*Source: Canadian Center for Occupational Health and Safety*)

## **ARTICLE 12 - JEWELRY – OBJECTS – ATTIRE – HAIR**

For safety reasons in training and competition, the gymnast ensures that his attire, jewelry, hair, etc, can not provoke accidents and are in conformity with the FIG Technical Regulations.

## **ARTICLE 13 - INSURANCE – ACCIDENTS – MEDICAL COSTS**

Article 12.10 of the FIG Technical Regulations states that all National Federations participating in competitions out of their home countries are obliged to cover the expense of insurance for members of their delegations (illness, accident and repatriation). Intended for competitions, this rule is valid by extension for all gymnastics events and training sessions.

Organisers are requested to verify the validity of the National Federations insurance and medical assistance contracts at the accreditation time, along with their coverage. In the case of inadequacies or doubt, the organiser may suggest that a federation or delegation member take out a temporary policy upon arrival. In any case, the federation has to ensure its insurance coverage. In addition to the athletes own insurance, the FIG provides insurance linked to the FIG licence it is the responsibility of the athlete and Federation to read the limitations and restrictions of this policy.

The insurance policy must cover at least the following, keeping in mind the costs of care, medical and surgical treatment in the respective country:

- Treatments, examinations, medical and surgical operations;
- Hospitalisation costs;
- Repatriation of a delegation member with respect to the medical needs of the patient (this may include making a medical escort available);
- In the case of a serious accident, roundtrip transportation and accommodation costs for a parent to the competition site.

Organizers must take out their own civil liability insurance.

### **Organisers must provide at the minimum the following:**

- Local transportation, possibly in a specialised medical vehicle, to examination locations and the cost of emergency transportation or related to an emergency;
- Basic medical treatment given by the competition's official medical team, such as medical consultations, basic care, massage, electro-physical therapy, etc.;
- Medication, supplies, necessary bandaging for basic care administered directly by the local Organising Committee's medical team for a limited time and quantity;
- It must also facilitate delivery of medical supplies and prescriptions.

Each person (or legal guardian) at a FIG competition should understand the limitations of the FIG medical accident insurance and will also be prepared to pay for anything not covered by this insurance. They may also have to pay for outside medical care at the time of service and be reimbursed later for expenses covered by the FIG Insurance.



## **ARTICLE 14 - SAFETY AND MEDICAL CONDITIONS CHECK**

National Federations willing to check upon their arrival on site if all safety and medical conditions are met by the organizer can do so upon written request to FIG at least 1 month before the start of the competition. Complaints for modifications or deficiencies should be addressed by the Head of Delegation to the FIG (FIG office set up on the competition site) and not to the Organizing Committee.

## **ARTICLE 15 - GYMNASTICS FOR ALL EVENTS - Medical Service, Sanitary and Health conditions**

This must be in effect from the official arrival day of the delegations until the end of the official departure day, during and outside the training and performance periods, on and off site of the training and performances.

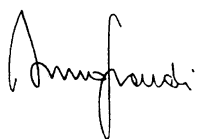
The Local Organising Committee must:

- Nominate a Chief Medical Officer and inform the FIG about the nomination
- Organise a Central Medical Post under the leadership of the Chief Medical Officer. The medical services include in particular, emergency vehicles for urgent cases, medical staff trained in emergency response and pre-organised connections with hospital surgical facilities
- Provide all official World Gymnaestrada and World Gym For Life Challenge areas with a designated and clearly marked First Aid area. The First Aid staff must be able to communicate, without any delay, with the Central Medical Post.
- Organise a centralised round-the-clock medical service with attendants and phone connection. This phone number must be on all Participant cards.
- Inform all delegations before arrival what medical services are provided and where the Central Medical Post is located.
- Guarantee the global sanitary and Health conditions of all facilities officially used, accommodation, food and other aspects of daily life.

## ARTICLE 16 - CONCLUDING PROVISIONS

- 14.1. Cases not covered by these regulations shall be submitted to the FIG Medical Commission.
- 14.2. These regulations were approved by the FIG Executive Committee at their meeting on 10<sup>th</sup> May 2014 Kuwait (KUW). And updated by the FIG Executive Committee on 3<sup>rd</sup> July 2015.

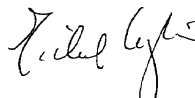
### FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**Prof. Bruno Grandi**  
*President*



**André Gueisbuhler**  
*Secretary General*



**Dr Michel Léglise**  
*President of the Medical Commission*

**Encl.: Injury report summary and injury Report Form**  
**Humidity and Temperature: Heat index score recommendation**

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



## Injury report summary

Name of the Organizing Committee: .....

Name and place of the Event: .....

Date: .....

Injuries: Yes ☐ or No ☐

If yes, please insert the number of FIG injury report forms that will be sent to the  
FIG:

The injury report summary and the injury report **forms (under medical confidentiality)** must be sent to the FIG office in the next days after the competition with the other documents and reports requested by the FIG otherwise the organizing committee can be sanctioned according to the FIG rules .

Date: .....

Signature: .....

# FEDERATION INTERNATIONALE DE GYMNASTIQUE



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**CONFIDENTIAL**

Please report any incident that requires active treatment or alters gymnastics training or competition

## Medical Injury Report Form

Competition: \_\_\_\_\_ Country: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ (dd/mm/yyyy) Time: \_\_\_\_ : \_\_\_\_ (24h clock)

Name of the Gymnast (first/last name): \_\_\_\_\_ Gender: F ☐ M ☐

Date of birth (dd/mm/yyyy): \_\_\_\_\_

National Federation: \_\_\_\_\_

### 1. DISCIPLINE

MAG ☐ WAG ☐ TRA ☐ TUM ☐ DMT ☐  
AER ☐ ACRO ☐ GFA ☐ RG ☐

### 2. APPARATUS

Beam ☐ Floor ☐ Pommel Horse ☐ Rings ☐ Uneven Bars ☐ Vault ☐  
Horizontal Bar ☐ Parallel Bars ☐  
Clubs ☐ Hoop ☐ Ball ☐ Rope ☐ Ribbon ☐  
Trampoline ☐ Tumble Track ☐ Double Mini ☐  
Other ☐ Specify \_\_\_\_\_

### 3. ACCIDENT CIRCUMSTANCES / MECHANISM

Gymnast Error ☐ Apparatus Related problem ☐ Other, specify: \_\_\_\_\_  
Manufacturer of the apparatus concerned \_\_\_\_\_

Describe the situation + incident: \_\_\_\_\_

Describe skill performed: \_\_\_\_\_

### 4. TIME OF SESSION AND EVENT

No relation with sports ☐ Training ☐ Competition { Qualification ☐  
Warm-up ☐ Final ☐

### 5. VENUE CONDITIONS - ENVIRONMENT

Comfortable ☐ Not comfortable ☐

Specify: \_\_\_\_\_

## 6. DIAGNOSIS / TYPE OF INJURY/IES

Area (s) of the body affected:

Finger <input type="checkbox"/>	Head <input type="checkbox"/>	Cervical Spine <input type="checkbox"/>	Hip <input type="checkbox"/>
Hand <input type="checkbox"/>	Face <input type="checkbox"/>	Dorsal Spine <input type="checkbox"/>	Thigh <input type="checkbox"/>
Wrist <input type="checkbox"/>	Nose <input type="checkbox"/>	Lumbar Spine <input type="checkbox"/>	Knee <input type="checkbox"/>
Forearm <input type="checkbox"/>	Eye <input type="checkbox"/>	Chest <input type="checkbox"/>	Leg <input type="checkbox"/>
Elbow <input type="checkbox"/>	Ear <input type="checkbox"/>	Abdomen <input type="checkbox"/>	Ankle <input type="checkbox"/>
Arm <input type="checkbox"/>	Teeth <input type="checkbox"/>		Foot <input type="checkbox"/>
Shoulder <input type="checkbox"/>	Mouth <input type="checkbox"/>		Heel <input type="checkbox"/>
Clavicle <input type="checkbox"/>			Toe <input type="checkbox"/>
Other <input type="checkbox"/>	Specify _____		

RIGHT ☐

LEFT ☐

1st time/new ☐

re-injury ☐

### Type of injury:

Fracture <input type="checkbox"/>	Strain <input type="checkbox"/>	Sprain <input type="checkbox"/>	Haematoma <input type="checkbox"/>
Dislocation <input type="checkbox"/>	Rupture <input type="checkbox"/>	Open Wound <input type="checkbox"/>	Soft Tissue Injury <input type="checkbox"/>
Other <input type="checkbox"/> _____			

## 7. TREATMENT

Immediate Care	YES <input type="checkbox"/>	NO <input type="checkbox"/> _____
Follow up Care	YES <input type="checkbox"/>	NO <input type="checkbox"/> _____
Extended Care	YES <input type="checkbox"/>	NO <input type="checkbox"/> _____
None	<input type="checkbox"/>	

## 8. OUTCOME

### Seen by:

Doctor ☐ Physio ☐ Sports Trainer ☐ First Aider ☐ Radiologist ☐

### Hospital:

YES ☐ NO ☐

Continued Training: YES ☐ NO ☐

Continued Competition YES ☐ NO ☐

General Observations / Remarks: \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Signature: \_\_\_\_\_

**Please send this form to FIG IMMEDIATELY after the end of the competition**

email: [lvidmer@fig-gymnastics.org](mailto:lvidmer@fig-gymnastics.org) fax: +41 21 321 55 29

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



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