

### All Athletes - Pre-Participation Examination Screening

In 2017 the ITU introduced **COMPULSORY** pre-participation examination (PPE) screening for ALL junior athletes entered into any ITU races. The main purpose of the screening is to identify athletes at risk of sudden cardiac death due to an electrical or structural heart abnormality. This compulsory medical screening has now been extended to include **ALL ATHLETES** that are entered into any ITU event (Senior, U23, Junior and Para athletes) and will come into effect in 2018.

Please see below for the steps that you will need to take to complete the PPE screening. Failure to do this and not provide the necessary paperwork will result in you not being able to be selected and entered into any ITU events.

1. Complete the ITU medical questionnaire form
  - This is to be completed by yourself and given to your doctor prior to the physical examination. The medical questionnaire can be downloaded from the ITU website here.
2. Have a physical examination by a Doctor following the IOC recommendations published in the ‘Lausanne Recommendations’ about the Sudden Cardiovascular Death in Sport Consensus.
  - Cardiac auscultation:
    - i. Rate/rhythm
    - ii. Murmur: systolic/diastolic
    - iii. Systolic click
  - Blood pressure
  - Radial and femoral pulses
  - Marfan stigmata
3. Have a 12-lead echocardiogram (ECG)
  - You can get these done through your GP. If your GP is unable to help with this then you can pay to have this done privately through a local sport and exercise medicine physician or cardiologist. To find one local to you then please see the following website <https://finder.bupa.co.uk> . Just enter ‘cardiology’ or ‘sports and exercise medicine’ into the search box along with your post code.
4. Send a copy of the completed ‘Fit to Compete’ certification form to Kirsty Hillier at British Triathlon at [Kirstyhillier@britishtriathlon.org](mailto:Kirstyhillier@britishtriathlon.org) .
  - On completion of steps 1 to 3 above your GP/Sports Physician/Cardiologist will need to review your medical questionnaire, examination and interpret your ECG results to assess if they are able to confirm you as fit to compete or if further investigations are required. If your doctor is happy that that you are fit to compete then they will need to complete the British Triathlon ‘Fit to Compete’ certification form and scan and email to the BTF contact above. A copy of the ‘Fit to Compete’ form can be downloaded from the British Triathlon website here.

### **CRY Screening**

- If you have been screened over the last year through CRY then please provide this information to the doctor who is signing the ‘Fit to Compete’ form.
- It is reasonable for your doctor to use the CRY screening results without having to repeat the ECG and cardiovascular examination. However, your doctor still must review the ITU medical questionnaire form and must be able to see the written information from CRY stating the results of your screening to allow them to sign you off as fit to compete.
- You can get a copy of your CRY screening results by emailing Rebecca Osborne on: [Rebecca.Osborne@C-R-Y.org.uk](mailto:Rebecca.Osborne@C-R-Y.org.uk) .