



## **MEDICAL ORGANISATION OF THE FIG COMPETITIONS**

**Document revised and approved by the FIG Executive Committee**

**on 27<sup>th</sup> February 2010 in Lausanne (SUI)**

### **PREAMBLE**

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 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 for medical care.
- 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:

A table for examination and massage, (available in each medical room)

First aid materials

A defibrillator

Physio-electrotherapy equipment

A stretcher

Communication equipment (Telephone - walkie talkies, etc.).

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

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 free prescription if possible and medically appropriate. Medication under this prescription is to be paid for by the gymnast or his 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 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 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. At least one medical representative must be trained to emergency skills and care.

3.4. The designated medical room will 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. Other medical support is strongly recommended.

3.5. The Chief Medical Officer of the Organising Committee must be accredited to all areas.

3.6. The Chief Medical Officer of the Organising Committee must ensure that the FIG official Injury Report Form (Annexe 1), from the FIG Medical Commission, is completed **for each gymnast's injury**.

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.

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

- 3.7. 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.
- 3.8 During the competition, a maximum of 3 persons of the medical staff should be seated at the 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.
- 4.2 A medically equipped vehicle must be immediately available at all times for any remote training venue for intervention and emergency transport.
- 4.3 The Chief Medical Officer of the Organising Committee must make arrangements for accommodating accidents at a specialised medical centre.

## **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).
- 5.2. During the competitions, the doctors and physiotherapists (masseurs) 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 who is in charge. He may permit the delegation's doctor, masseur or physiotherapist to assist. Upon approval, team doctors, masseurs or physiotherapists 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 doctors or physiotherapists (masseurs) do not treat gymnasts from other nations (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**



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.

## 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 in connection with the current research programme of FIG;
- \* Information about this approved research published in the FIG workplan sent to all FIG National Federations.

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, 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.

## **ARTICLE 8 - DOPING CONTROL**

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

## **ARTICLE 9 - : PREVENTION OF VIRAL DISEASES (AIDS, VIRAL HEPATITIS, ETC...)**

### **9.1 During the competition:**

#### **9.1.1 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.

#### **9.1.2 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)

### **9.2 During the training sessions:**

#### **9.2.1 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 of the hall to ensure that the gymnast is protected and the blood is removed.

#### **9.2.2.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 10 - SOUND 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.

## ARTICLE 11 – 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 12 - 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.

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.



# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881

Organizers must take out their own civil liability insurance.

## **Organisers must cover 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.

## **ARTICLE 13 - CONCLUDING PROVISIONS**

- 13.1. Cases not covered by these regulations shall be submitted to the FIG Medical Commission.
- 13.2. These regulations have been revised and adopted by the FIG Executive Committee at their meeting on 27<sup>th</sup> February 2010 in Lausanne (SUI)

## **FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE**

**Prof. Bruno Grandi**  
*President*

**André Gueisbuhler**  
*Secretary General*

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

## **Annexe 1: Injury Report Form**



# FEDERATION INTERNATIONALE DE GYMNASTIQUE



**CONFIDENTIAL**

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

## Gymnast 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 sport ☐ Training ☐ Competition ☐  
Warm-up ☐ Qualification ☐  
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 ☐

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:** Examination YES ☐ NO ☐  
Hospitalisation 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**

to the attention of the President of the FIG Medical Commission

email: [lvidmer@fig-gymnastics.org](mailto:lvidmer@fig-gymnastics.org) fax: +41 21 321 55 19