

CONFIDENTIAL

UK FINSWIMMING COMPETITION MEDICAL FORM

This form is based on the original work of the Medical Committee of the British Sub-Aqua Club.

NOTES TO THE COMPETITOR CONDUCTING A FINSWIMMING COMPETITION MEDICAL EXAMINATION

Before anyone can take part in a finswimming competition with any of the associations who have jointly published this form, it is necessary for him or her to have certified themselves fit to compete in finswimming competitions.

Exceptional fitness is not essential; both men and women can compete safely providing they are reasonably fit and do not suffer from any of the disqualifying conditions described in the table of Medical Standards referred to below.

Nevertheless, finswimming does involve heavy physical exertion.

MEDICAL STANDARDS

A reference table describing the more common medical conditions, which may cause problems for finswimmers, or disqualify them from finswimming altogether, is set out on the following pages.

ADVICE

Should you have any doubts about your fitness to compete, you should seek the opinion of any Medical Practitioner.

CERTIFICATE OF FITNESS TO COMPETE IN A FINSWIMMING COMPETITION.

If you are fit to compete, please complete and sign the Certificate of Fitness to Compete in a Finswimming Competition



THIS FORM IS ISSUED BY THE BRITISH FINSWIMMING ASSOCIATION (BFA) IN CONCORDANCE WITH BRITISH UNDERWATER SPORTS ASSOCIATION (BUSA) REGULATIONS. BUSA IS THE CMAS SPORTS REPRESENTATIVE IN THE UK.



MEDICAL STANDARDS

These notes are included for the guidance of doctors who may be unfamiliar with requirements for competitions. If in doubt, please discuss with your nearest Medical Referee

SYSTEM	DISQUALIFYING FACTORS	ALLOWABLE FACTORS	OTHER POINTS
General	Gross obesity with BMI > 30, refer to Medical Referee $BMI = \frac{\text{weight in kg}}{(\text{height in m})^2}$		Competing is not advised during pregnancy. Those who have competed before discovering they were pregnant are advised to contact a Medical Referee.
ENT	Perforated eardrum in new entrants, chronic vestibular disease in new entrants.	Perforated eardrum known to have been present during several years of diving. Healed perforation, including "paper thin" scars. Unilateral nasal block. Sinusitis if not adversely affected by diving.	Valsalva test of drum mobility should be carried out and if doubtful, practical competition test in pool should be advised. For this purpose any wax obscuring a good view of the drum should be removed.
Oral Cavity	Dentures must be retained in place on fully opening the mouth and not be dislodged by placing jaws together in any position, or by movement of one denture against the other. They should extend to the muco-buccal fold. If dentures do not satisfy these requirements, they should not be worn while diving.		Applicants to be advised about bad teeth and fillings but these should not normally disqualify. Cleft palate is acceptable unless competing in immersion events.
RS	Suspicion of active tuberculosis. Tuberculosis scars other than healed primary focus in new entrants. History of spontaneous pneumothorax, lung cysts or bullae normally disqualifies. Possible surgical treatment should be discussed with a Medical Referee. Old spontaneous pneumothorax in candidates over thirty may be allowable. Refer to Medical Referee.	TB scars in established diver subject to Referee's opinion. Traumatic pneumothorax not necessarily a disqualifying factor. Any surgical removal of lung tissue or any serious lung complaint to be referred to Medical Referee. Asthma in childhood with full remission by time of examination.	A chest X-ray is not required on entry or at repeat medical examination unless there is a history of significant cardiovascular disease, respiratory disease or occupational exposure (since the last medical in the case of a repeat medical) or if the physical examination reveals an abnormality in the cardiovascular or respiratory systems. Doctors must see film or report before signing certificate. Asthma (except as under "Allowable"), surgical removal of lung tissue, chronic bronchitis or any other serious chest condition should always be referred to a Medical Referee.
CVS	Clinical or where appropriate EGG evidence of ischaemic heart disease, aortic valve disease. Evidence of heart disease other than lone systolic murmur, should be referred. Symptomatic or pathological arrhythmia', systolic pressure over 160 mm Hg, diastolic pressure over 100 mm Hg in established divers and 90 mm Hg in new entrants, or other evidence of hypertensive disease. End organ damage from hypertension	Minor asymptomatic heart disease other than ischaemic (subject to more frequent medical checks). Persons with well controlled hypertension without evidence of end organ damage may be permitted to dive. Intracardiac shunts should be referred to Medical Referee.	Post-exercise ECG recommended in the case of individuals with a poor family history of coronary disease or hyperlipidaemia, particularly if they smoke but needs to be interpreted with caution. Pacemaker to be referred to Medical Referee. Please note that finswimming does require a high level of fitness.
Haematology	Haemophilia, sickle cell disease and polycythaemia will disqualify.	Mild anaemia but advise treatment. Tumours and leukaemia may be allowable but should be referred to Medical Referee. Sickle cell trait.	Sickle cell test only where clinically indicated.
Abdomen/UGS	Significant proteinuria, until the cause has been established.	Peptic ulcer, unless unduly active or troublesome. Abdominal hernias (but advise repair).	
Nervous System and Vision	History of confirmed epilepsy including post-traumatic fits, refer to Referee. Any serious head injury in past three months. Currently symptomatic psychiatric or personality disorders. Any disease of CNS (MS, Polio Petit Mal, etc.) refer to Medical Referee.	Febrile convulsions but no other type of fit allowable. Multiple Sclerosis -- only stable patients acceptable.	A single isolated fit or severe head injury to be referred to Medical Referee. Severe visual impairment to be reported to Referee. A long fit free period off anticonvulsants may be allowable. Refer to Medical Referee.
Endocrine	Diabetes with diabetic complications.	Referral to Medical Referee is required for diabetics and for all other endocrine disorders.	
Drugs	The use of all IOC listed chemicals would result in an automatic 2 year ban. Any drugs that are used for medical applications should be registered with the BFA.		
Decompression Illness since last Medical			Refer to Medical Referee or Medical Consultant
Disabilities	Disease, amputation or deformity excessively limiting ability to swim. (May be issued with a restricted certificate at discretion of Referee). Learning disability sufficient to produce problems in understanding and remembering the theory and techniques of finswimming.	Arthritis, amputation or arthrodesis not severely limiting ability to swim.	Anyone with a significant disability should be assessed by a Medical Referee.

Medical Referee: At the moment all Referee referred medical evaluations will be dealt with by the BFA central committee. Address: Atherfield, Five Oak Green, Kent, TN12 6TJ.



UK CERTIFICATE OF FITNESS TO COMPETE IN A FINSWIMMING COMPETITION.

Valid for 1 year

THIS IS TO CERTIFY THAT:

Full name:

Age:

Membership Number:

I, the undersigned, confirm that I am, to the best of knowledge, fit to compete in finswimming competitions and that I have no disorder, disease or factor that would disqualify me from competition

Date:

Valid until:

Signature of competitor:

If the competitor is under the age of consent (16 years of age), then this certificate has to be countersigned by a Parent or Guardian.

I, the Parent or Guardian, confirm that I have read the form and that the competitor, to the best of my knowledge, is fit to compete in finswimming competitions

Height

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Weight

BMI

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Please comment below on any abnormalities or disorders that you have:

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Should I be taken ill or have an accident, then please contact the following person:

Name:

Telephone number:

Address:

Relationship with person:

