



BRITISH
SKI + SNOWBOARD

FAQs Certificate of Health to compete in International Snowsports

BSS is required by the International Ski Federation (FIS) to ensure the fitness of athletes before granting them a FIS License. This form certifies that the athlete has had an appropriate evaluation of their medical health by a qualified medical practitioner. As this requirement from FIS is being implemented for the first time, we understand that questions may arise. Please see the FAQs for the medical form below, which hopefully covers your initial queries. If you have further questions, please don't hesitate to get in touch.

1. **Where can I download the medical form?** On the BSS website under 'policies':
http://teambss.org.uk/sites/default/files/Certificate%20of%20Health%20for%20International%20Snowsports_0.pdf
2. **Do all athletes need to complete a medical form?** All athletes intending to purchase a FIS licence and/or compete at FIS level events need to have completed a medical form. Without one, your licence will not be able to be processed and issued.
3. **Why has FIS introduced this new regulation?** FIS are attempting to ensure that the tragic sudden deaths that very occasionally occur in sport, are avoided in snowsports and, of course, ensuring that people are fully fit to compete.
4. **Is it possible for athletes to get the medical form completed by a non-UK doctor, if they live abroad?** Medical forms completed by fully qualified non-UK doctors are just as valid as if they were filled out in the UK.
5. **Is it essential for an athlete to have an ECG to be able to receive a FIS Licence?** An ECG is strongly advised, but not essential to the medical form. It's up to the doctor whether they are prepared to sign off an athlete's fitness without conducting an ECG. There is subsidised ECG and Echocardiogram screening available for all young people (14 to 35) through the CRY charity – just look at their website for more info: <http://www.c-ry.org.uk/cardiac-screening/>
6. **Is the chest x-ray essential to the form?** Results of a chest x-ray should only be included if the athlete has had one carried out previously for other reasons. The athlete does not have to have a chest x-ray specifically for the medical form.
7. **How much will a medical examination cost?** There may be a cost incurred for the medical form to be completed and signed by the doctor, this will be dependent on the practice. We understand that this is an unwelcome additional expense but have no choice but to comply with FIS competition and licencing rules.
8. **Once complete, who do I send the form to?** The completed form should be imaged and emailed to lucy.mackenzie@teambss.org. The information contained on this form will be digitised and kept on the secure microsoft cloud infrastructure (or an equivalent) and will be available ONLY to the BSS admin team responsible for processing FIS Licences, and to the BSS Medical staff.
9. **Do I have to have the form completed every year?** No, the medical form is valid for 3 years. However, we are placing an obligation on you to inform us immediately if any item of your health changes – see below.
10. **What happens if there's a change in the athlete's health after having completed the form?** Once the form has been submitted, if there is any change to an athlete's health to deem the medical form invalid, BSS must be informed.