Text consolidated by Valsts valodas centrs (State Language Centre) with amending regulations of:

14 August 2018 [shall come into force on 17 August 2018].

If a whole or part of a paragraph has been amended, the date of the amending regulation appears in square brackets at the end of the paragraph. If a whole paragraph or sub-paragraph has been deleted, the date of the deletion appears in square brackets beside the deleted paragraph or sub-paragraph.

Republic of Latvia

Cabinet

Regulation No. 594

Adopted 6 September 2016

**Procedures for Health Care and Medical Surveillance of Athletes and Children with Increased Physical Load**

*Issued pursuant to*

*Section 6, Paragraph five, Clause 2 of the Sports Law*

**I. General Provision**

1. The Regulation prescribes procedures for the health care and medical surveillance of athletes and children with increased physical load.

**II. Health Care and Medical Surveillance of Athletes and Children with Increased Physical Load**

2. Health care of athletes and children with increased physical load (if children acquire a vocational orientation sports education programme and do not participate in sports competitions) includes the following measures:

2.1. preventive examinations by a general practitioner;

2.2. in-depth preventive medical examinations by a sports doctor;

2.3. additional preventive medical examinations by a general practitioner or a sports doctor;

2.4. consultations with a sports doctor;

2.5. medical and pedagogical observations;

2.6. first aid during sports trainings (activities) and sports competitions (not applicable to children with increased physical load);

2.7. diagnosis, treatment and rehabilitation of illnesses, injuries and overload related to sports trainings (activities) and sports competitions (not applicable to children with increased physical load).

3. A genera practitioner shall conduct preventive examinations for athletes and children with increased physical load:

3.1. prior to their admission to a sports education institution, sports club or sports federation;

3.2. once a year up to and including nine years of age. For athletes and children with increased physical load who are doing the following sports: figure skating, dancesport, rhythmic gymnastics and artistic gymnastics, the examination shall be conducted once a year up to and including seven years of age;

3.3. once a year if they have done the following sports: pool, bowling, bridge, draughts, darts, table hockey, golf, curling, correspondence chess, fishing, mini-golf, novuss, shooting (with fixed or moving target), model aircraft sports, pétanque and chess.

4. A sports doctor shall conduct in-depth preventive medical examinations once a year:

4.1. for athletes and children with increased physical load from 10 years of age except for those who are engaged in the type of sports referred to in Sub-paragraph 3.3 of this Regulation;

4.2. for athletes and children with increased physical load who are doing figure skating, dancesport, rhythmic gymnastics and artistic gymnastics – from eight years of age.

5. During the in-depth preventive medical examination, the sports doctor shall:

5.1. assess the physical development, physical and functional state of the cardiovascular, musculoskeletal, respiratory and other organ systems, adaptation and contraindications to increased physical load, as well as the suitability for the chosen type of sports on the basis of:

5.1.1. anthropometric data;

5.1.2. health history and previous physical fitness assessment (if such information is available);

5.1.3. assessment tests of the cardiovascular, respiratory, nervous and musculoskeletal systems;

5.1.4. a physical load test with a 12-lead electrocardiogram recording before and after load and, if necessary, during the load;

5.1.5. eyesight test;

5.1.6. blood and urine test results;

5.1.7. physical and functional ability assessment tests;

5.1.8. other opinions and examination results from medical practitioners, if necessary;

5.2. classify the athlete or child with increased physical load into the relevant clinically functional group in accordance with Annex 1 to this Regulation;

5.3. issue to adult athletes or legal representatives of minor athletes and children with increased physical load an extract from the outpatient medical record (in accordance with the laws and regulations regarding procedures for keeping medical documents) containing the results of the conducted in-depth preventive medical examination and recommendations on therapeutically preventive measures and optimal physical load.

6. A general practitioner or a sports doctor shall conduct additional preventive medical examinations after an acute illness or injury, an exacerbation of a chronic disease or after a break from sports trainings (activities) of at least six months, including an assessment of the general state of health of athletes or children with increased physical load and detection of contraindications to increased physical load.

7. The sports doctor shall, in accordance with a plan agreed upon with the head of the sports education institution, sports club or sports federation (hereinafter – the head) and in cooperation with a sports specialist, conduct medicinal pedagogical observations at the place of sports trainings (activities) and shall provide consultations.

8. The head shall ensure that:

8.1. athletes and children with increased physical load who have undergone the medical examinations referred to in Sub-paragraphs 2.1, 2.2 and 2.3 of this Regulation shall train at the sports education institution, sports club or sports federation;

8.2. a medical practitioner or an employee of a sports education institution, sports club or sports federation who has completed the training programme specified in the laws and regulations regarding training in provision of first aid, if necessary, shall provide first aid during sports trainings (activities) and in sports competitions organised by a sports education institution, sports club or sports federation which are not considered to be public events in accordance with the laws and regulations regarding safety of public entertainment and festivity events.

9. An adult athlete or a legal representative of a minor athlete or a child with increased physical load shall inform the management of the sports education institution, sports club or sports federation or a sports specialist if recommendations from a general practitioner or a sports doctor have been received to make changes to the physical loads during sports training (activities).

10. Preventive examinations and medical examinations, diagnosis, treatment and rehabilitation of illnesses, injuries related to sports trainings (activities) and sports competitions shall be conducted in accordance with the laws and regulations regarding procedures for the organisation and financing of health care.

**III. Data Collection and Processing**

11. The information referred to in Paragraph 9 of this Regulation, as well as the information provided by an adult athlete, a legal representative of a minor athlete or a child with increased physical load on the classification of the athlete and the child with increased physical load into a clinically functional group in accordance with the Annex 1 to this Regulation and on the recommendations on the optimal physical load necessary for ensuring the appropriate physical load in sports trainings (activities) and in sports competitions (not applicable to children with increased physical load), and also for the provision of first aid shall be collected and kept in the personal file of the athlete and the child with increased physical load at the sports education institution, sports club or sports federation.

12. The medical practitioner of the sports education institution, sports club or sports federation (if such person is employed at the relevant institution) shall make entries into the registration book of medical assistance (Annex 2) for the medical assistance provided during sports trainings (activities) and sports competitions. The registration book of medical assistance shall be kept at the sports education institution, sports club or sports federation for 10 years after the last entry was made.

13. *Valsts sabiedrība ar ierobežotu atbildību “Bērnu klīniskā universitātes slimnīca”* [State limited liability company Children’s Clinical University Hospital] shall annually, by 1 May, compile a report on the physical state of health of athletes and children with increased physical load in the previous year and submit to the Minister for Health and the Minister for Education and Science proposals for improving the situation.

[*14 August 2018]*

**IV. Closing Provision**

14. Cabinet Regulation No. 195 of 14 March 2006, Procedures for Health Care and Medical Surveillance of Athletes and Children with Increased Physical Load (*Latvijas Vēstnesis*, 2006, No. 45; 2008, No. 63), is repealed.

Prime Minister Māris Kučinskis

Minister for Health Anda Čakša

**Annex 1**

Cabinet Regulation 594

6 September 2016

**Classification of Athletes and Children with Increased Physical Load into Clinically Functional Groups**

|  |  |
| --- | --- |
| Clinically functional group | Characteristics of the clinically functional group |
| I | Healthy, physically developed and functionally fit, training without limitations in accordance with the plan of the sports specialist |
| II | Practically healthy, minor health deviations, functionally well fit, training in accordance with the plan of the sports specialist, following and implementing the relevant instructions and recommendations of the sports doctor |
| III | Health deviations, functionally less fit, long-lasting break from training due to illness or other reasons, training in accordance with an individual plan, is under constant supervision of a doctor |
| IV | Significant health deviations, functionally less fit, not training, medical rehabilitation required, including recovery of functional abilities by measured physical loads. |

Minister for Health Anda Čakša

**Annex 2**

Cabinet Regulation 594

6 September 2016

**Registration Book of the Medical Assistance Provided in Sports Trainings (Activities) and Sports Competitions**

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|  |  |  |  |
| --- | --- | --- | --- |
| No. | Date | Participant\* | Place |
| name, surname | sex | year of birth | name of sports education institution, sports club or sports federation | type of sports |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

Page 2

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Diagnosis | Relation of injury to sports | First/repeated injury | The aid provided/treatment prescribed | The medical practitioner (name, surname, position), signature\*\* | Notes |
|  | is/is not |  |  |  |  |
|  | is/is not |  |  |  |  |
|  | is/is not |  |  |  |  |

Notes.

1. \* Participant – an athlete or a child with increased physical load.

2. \*\* The detail “signature” of the document need not be completed if the electronic document has been prepared in accordance with the laws and regulations regarding drawing up of electronic documents.

Minister for Health Anda Čakša