

- National Rowing Centre of Excellence -

Medical Reporting System

The National Rowing Centre of Excellence (NRCE) has created a process of managing an athlete's medical information that aims to best serve both the athlete and the sport. At all times the athlete's well being is of utmost importance, and the principle of confidentiality of medical information remains paramount. However, there is a need for the NRCE Principal Medical Officer, the NRCE Sports Medicine Coordinator and Coaching Staff within the NRCE and AIS/SIS/SAS Network to receive a certain amount of relevant information. This information is important to ensure the best possible medical care when planning for an athlete shifting training locations, joining an overseas touring team or for matters of selection.

The process of who the reporting system works is outlined below for the respective level of athlete and situations within the NRCE system.

1. Tier 1-3 AIS/SIS/SAS Scholarship Athletes

An athlete in this category that misses training for more than 24 hours due to injury or illness, regardless of whether it is during normal training or for a selection event, is to:

- Take all reasonable steps to minimise any further illness or injury;
- Notify their crew coach of the fact of the illness or injury and such details about the nature and prognosis as they request;
- Attend a NRCE Medical Network practitioner and/or NRCE Physiotherapy Network practitioner for an examination.
- Attend the examination with a NRCE Injury/Illness Report Form and ensure that it is completed prior to leaving the examination.
- Ensure that this form is forwarded to the State Academy/Institute Head Coach, NRCE Principal Medical Officer and NRCE Sports Medicine Coordinator.

2. Medical Exemption from Nominated Selection Events

Tier 1-3 AIS/SIS/SAS Scholarship Holders

- Follow the processes outlined in section 1
- All efforts should be made to ensure this is completed prior to the Nominated Selection Event

All other athletes nominating for National Selection at any level

- Take all reasonable steps to minimise any further illness or injury;
- Notify their crew coach of the fact of the illness or injury and such details about the nature and prognosis as they request;
- Attend a medical practitioner and/or other health professional for an examination.

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- Attend the examination with a NRCE Injury/Illness Report Form and ensure that it is completed prior to leaving the examination.
- Ensure that this form is submitted to the State Academy/Institute Head Coach and State High Performance Development Coordinator.
- All efforts should be made to ensure this is completed prior to the Nominated Selection Event

3. Medical Exemption from Monthly Monitoring (Under 23 Athletes)

An athlete that is nominating for National Under 23 Team selection that is unable to complete Monthly Monitoring Testing due to injury or illness is to:

- Notify their crew coach of the fact of the illness or injury and such details about the nature and prognosis as they request;
- Without compromising their recovery from injury and/or illness, take all reasonable steps to complete the testing at a later date, but prior to the submission of that month's testing results.
- If unable to complete the Monthly Monitoring Testing prior to the submission of that month's testing results,
 - Attend a NRCE Medical Network practitioner and/or NRCE Physiotherapy Network practitioner for an examination.
 - Attend the examination with a NRCE Injury/Illness Report Form and ensure that it is completed prior to leaving the examination.
 - Ensure that this form is forwarded to the State Academy/Institute Head Coach and State High Performance Development Coordinator.
 - If the athlete is also a Tier 1-3 AIS/SIS/SAS Scholarship Holder, then also follow the procedures outlined in Section 1.

4. Athletes Selected into an Australian Rowing Team (Senior, U/23 and Junior)

Once an athlete has successfully gained selection into an Australian Rowing Team, they are to follow the procedures outlined for Tier 1-3 AIS/SIS/SAS Scholarship Athletes in Section 1.