



Approval Document "Fit to slide"

This document must be completed by a medical doctor and handed over to the IBSF Coordinator or Jury President before the 1st Team captain's Meeting or prior to the next training the athlete wants to be cleared to start in!

This is a one page document which should be given to the athlete.
Advice regarding the testing of the athlete is to be found below.

I hereby certify that

.....

date of birth (dd.mm.yy)

.....

citizenship

.....

is "Fit to Slide" for the period of time starting (dd.mm.yy)

.....

until, if applicable (dd.mm.yy)

.....

Medical doctor's name, speciality and contact details
(printed or stamp / not hand written)



Approval to medical doctor completing a "Fit to slide" Approval Document

The athlete has had a crash, after which he had been declared unable to go back to sliding and therefore has been blocked from sliding within the IBSF e-license and registration system.

Before resuming to slide the physician should check:

- locomotor function
- ECG, pulse, blood pressure and heart sounds
- vision and normal visual fields
- neurological function
- history of epilepsy or syncope
- history of repeated or prolonged concussion episodes

- In case of status following concussion symptoms, use of assessment tools is recommended, e.g. SCAT5 questionnaire / ImPACT baseline/post injury testing

If the above findings are ok, please complete the "Fit to slide" Approval Document.