



## **Mandatory examinations in the UCI medical programme for UCI WorldTeams and UCI ProTeams.**

*Version in force from 1<sup>st</sup> December 2019*

### **1. General**

- 1.1 In accordance with article 13.3.015 of the regulations, each examination in the medical monitoring shall include a sport medicine interview, a clinical examination and the examinations stipulated below.
- 1.2 These examinations shall be carried out in such a way that their results are known and provide a basis for assessing the fitness of the cyclist before the end of the period in which they must be carried out.

### **2. Biannual examination**

- 2.1 Any cyclist who joins a team for the first time and those riders referred to articles 2.15.110, 2.15.110bis, 2.16.032 and 2.16.033 shall be obliged to undergo the biannual examination.

This examination must be conducted in the month preceding the first competition in which the cyclist participates for the team.

Subsequently, this examination shall be carried out every two years, regardless of the team to which the cyclist belongs at that time.

For the sake of simplicity, it is advised to conduct the biannual examination in the period from 1<sup>st</sup> December to 31<sup>st</sup> January, at the same time as the annual examination. Thus, if the first biannual examination is not carried out during this period, the second biannual examination will be carried out less than two years after the first, i.e. during the second period from 1<sup>st</sup> December to 31<sup>st</sup> January after the first biannual examination.

The team must verify, each time it employs a new cyclist, when he has had his last biannual examination.

- 2.2 The biannual examination shall include a cardiological examination including:
  - a doppler echocardiography
  - or a stress electrocardiogram.
  - These examinations must be done alternately (one year doppler echocardiography, one year stress-electrocardiogram).

### **3. Annual examinations**

Every year, during the period from **1<sup>st</sup> December to 31<sup>st</sup> January** (first period), riders must have completed the following exams:

- A cardiovascular risk questionnaire.

- A rest electrocardiogram (12 leads).
- For the riders who suffer from asthma or exercise-induced bronchoconstriction (EIB), an annual pulmonary function testing will have to be done.
- A visual acuity test.
- An urinary stick.

If the cyclist enters the team after the month of January and if he has not completed an annual examination, he must do so before his first event for the team.

#### **4. Quarterly examination**

4.1 In the period from **1<sup>st</sup> December to 31<sup>st</sup> January** of each year (**first period**), the team shall have its cyclists undergo the following examinations:

- A sport medicine interview and clinical examination.
- A blood test including,
  - UREA
  - CREATININE
  - FULL BLOOD COUNT
  - RETICULOCYTES
  - FERRITIN
  - C-REACTIVE-PROTEIN
  - BLOOD GLUCOSE
  - TSH
  - TOTAL TESTOSTERONE
  - CORTISOL

4.2 The examinations carried out during the periods from

**March 1st to April 30th (second period)**

**June 1st to July 31st (third period)**

**September 1st to October 30th (fourth period)**, must include:

- A sport medicine interview and clinical examination.
- A blood test including,
  - FULL BLOOD COUNT
  - RETICULOCYTES
  - FERRITIN
  - C-REACTIVE-PROTEIN
  - TSH
  - TOTAL TESTOSTERONE
  - CORTISOL

Cyclists taking part in a major tour shall have to undergo examinations in the period in which the tour in question is taking place before the start. Failing which, the cyclist shall not be permitted to take part in the race, without prejudice of the sanctions stipulated in article 13.3.030 of the regulations.

## **5. Recommended examinations**

It is recommended that cyclists undergo the following examinations:

- Serology for:
  - HIV
  - HBV
  - HCV
- Anti-tetanus vaccination.

## **6. Controls**

After each test, the Team doctor must send the UCI medical director a statement of achievement, in accordance with the model available on the UCI website (Inside UCI/Medical). This declaration must be sent to the UCI Medical Director by e-mail ([medical@uci.ch](mailto:medical@uci.ch)) no later than the 15th of the month following the month in which the examinations were to take place



| UCI Medical Monitoring – WorldTeams and ProTeams |                  |            |                |          |
|--|------------------|------------|----------------|----------|
| Exams  | Every other year | Every year | Every 3 months | Optional |
| Full medical examination                         |                  |            | *              |          |
| Cardiological questionnaire                      |                  | *          |                |          |
| Electrocardiogram (12 leads)                     |                  | *          |                |          |
| Pulmonary function (EIB or Asthma)               |                  | *          |                |          |
| Doppler Echocardiography                         | *                |            |                |          |
| Stress electrocardiogram                         | *                |            |                |          |
| Urea, creatinine                                 |                  | *          |                |          |
| Full blood count                                 |                  |            | *              |          |
| Reticulocytes                                    |                  |            | *              |          |
| Ferritin   |                  |            | *              |          |
| C-reactive Protein                               |                  |            | *              |          |
| Glucose  |                  | *          |                |          |
| TSH  |                  |            | *              |          |
| Total testosterone                               |                  |            | *              |          |
| Cortisol   |                  |            | *              |          |
| Urinary stick                                    | *                |            |                |          |
| Serology for HIV, HBV, HCV                       |                  |            |                | *        |
| Anti-tetanus vaccination                         |                  |            |                | *        |

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