



OBLIGATORY EXAMINATIONS OF THE UCI MEDICAL MONITORING PROGRAMME IN MOUNTAIN-BIKE – TRACK - BMX

Version in force from 1st February 2013

1. General

- 1.1 In accordance with article 13.1.047 of the regulations, each examination in the medical monitoring shall include 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.
- 1.3 The clinical examination is carried out by the **medical consultant appointed by the National Federation (NF) or by the doctor chosen by the athlete.**

2. Annual examination

- 2.1 **Before the request for the license is submitted, the National Federation has to inform the rider of the exams he /she has to undergo:**

1st period of examinations: January 1st to March 15th

- *AN interview and clinical examination;*
- *A blood test including:*
 - *GLUCOSE*
 - *TOTAL CHOLESTEROL*
 - *TRIGLYCERIDES*
 - *FULL BLOOD COUNT*
 - *RETICULOCYTES*
 - *C-REACTIVE-PROTEIN or SEDIMENTATION RATE*
 - *FERRITIN*
 - *yGT*
 - *ALAT (GPT)*
 - *ASAT (GOT)*
 - *TOTAL PROTEINS or ALBUMIN*
- *A cardiological questionnaire*
- *A rest electrocardiogram (12 leads)*
- *A urinary stick*

- 2.2 The examination passed during the period from **1st May to 15th July** of each year (**2nd period**), shall include:

- *A blood test including:*
 - *FULL BLOOD COUNT*
 - *RETICULOCYTES*
 - *C-REACTIVE-PROTEIN or SEDIMENTATION RATE*
 - *FERRITIN*
 - *ALAT (GPT)*
 - *ASAT (GOT)*

- *CREATININE*

3. Recommended examinations

It is recommended that cyclists undergo the following examinations:

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