



NTIS

NORTHERN TERRITORY INSTITUTE OF SPORT

ATHLETE PRE-PARTICIPATION MEDICAL SCREENING PROCESS EDUCATION

June 2012

The Northern Territory Institute of Sport (NTIS) provides specialised performance enhancement services to elite, developing elite and high level aspiring Territory athletes to assist them in their pursuit of sporting excellence. Examples of these services include professional strength and conditioning training, biomechanical analysis and skills-based training interventions.

In line with the National Elite Sports Council recommendations the NTIS requires all athletes to complete a comprehensive medical screening process, including an ECG, before offering any form of scholarship.

The NTIS require from athletes a full disclosure of training activities, injury and illnesses in completing the medical screening form and process.

Medical Screening Process:

- All new athletes require a one off comprehensive medical screening, with a General Practitioner (GP), before being offered any form of scholarship.
- Continuing athletes (i.e. those in their 2nd, 3rd or more years of being offered an NTIS scholarship) are not required to complete a full medical, unless otherwise indicated. Instead they must fill out and sign an annual medical disclosure form.
- As of March 2012 all new and continuing NTIS athletes must also undergo a one off ECG test. Please see below for more details on what this involves. (As this is the first year of ECG testing being compulsory, there will be continuing athletes who need to get an ECG completed but not a full GP medical)

Completed forms and reports must be returned to either the NTIS head coach, or directly to the NTIS Sports Medicine and Physiotherapy Coordinator.

Upon satisfactory completion of this process, athletes are 'cleared' to be offered a scholarship agreement with the NTIS.

Please don't hesitate to contact the NTIS Sports Medicine and Physiotherapy Coordinator on (08) 8922 6828 with any questions or concerns in regards to any of this process.

Pre-participation Athlete Medical Screening

What is a pre-participation athlete medical screening, and why do I need one?

Basically it is a series of questions and simple non-invasive medical tests designed to indicate whether you are medically and physically up to participating in an elite high level training program.

What is the cost of medical screening, and who covers this cost?

The cost varies between services providers, but generally it is around \$110 (and there is no Medicare rebate on this consultation). The athlete is responsible for the cost of the medical screening.

Where, in Darwin, can a medical screening be completed?

A medical screening can be completed by any qualified GP. Most importantly the correct medical screening form needs to be completed, and so make sure you take a copy of this form with you to your appointment. There is a section that you will need to complete prior to your GP appointment. If you require an ECG as well as a medical screening, then make sure to enquire about whether these can be done at the same time.

ECG Testing

What is an ECG?

An electrocardiogram (ECG) records the electrical activity of the heart. It is used to measure the rate and regularity of heartbeats as well as the size and position of the chambers and the presence of any damage to the heart. An ECG is an easy non-invasive test that generally takes between 5-10 minutes. A trained technician is required to complete the ECG, and a doctor will read and report on the results.

Do I need to complete an ECG test, and why is it important?

Yes, from March 2012 all NTIS athletes must undergo a one off ECG test. The National Elite Sports Council have advised that an ECG should be included as part of the routine medical screening process to help ensure athletes are safe to train and compete in a high performance sport program. If you have already had a 12-lead ECG performed as part of another sports program please contact the NTIS Sports Medicine Coordinator, (08) 8922 6828, to see if a further test is required.

What is the cost of an ECG, and who covers this cost?

Cost varies between services providers. Please see details below. The athlete is responsible for the cost of the ECG.

Where can an ECG be performed?

Please find some options listed below: *(Note: This is not an extensive list of all providers. Costs are a guide only & are subject to change.*

How do I go about organising an ECG?

Ring your provider of choice and explain you are an NTIS athlete requiring a pre-participation ECG. All you are required to get from the provider is the ECG trace, there is no form for them to complete (If you are willing to participate in an athlete ECG study) If not, you must get the ECG reported on (this normally incurs an extra fee). You must provide a copy of the ECG trace, & the study consent & information form (or an ECG report if not intending to be a part of the study) to the NTIS Sports Medicine Coordinator. Please see the attached information & consent forms, on the athlete ECG study.

Northlakes Medical Centre	1 Links Rd, Marrara (08) 8945 2488	- ECG only = \$45 (No Medicare rebate) No referral required. Ask to book in with a nurse for an NTIS ECG screening. - Pre-participation medical screening + ECG = \$165 (No Medicare rebate)
NT Cardiac	Darwin Private Hospital, 105 Rocklands Dr, TIWI, (08) 8920 6250	- ECG Only = \$65 with \$25 Medicare Rebate. Must be referred by GP
Territory Sports Medicine	Shop 8, Parap Place, Parap (08) 8941 6677	- ECG only= \$36.50. (No Medicare rebate) No referral required
Alice Springs Family Medical Centre	17 Stuart Highway, Alice Springs (08) 8952 774	- ECG only= \$50 (No Medicare rebate) No referral required - Pre-participation medical screening = \$99 (No Medicare rebate)
Mall Medical Centre	1/73 Hartleigh St, Alice Springs (08) 89522744	