

World Rowing Pre-Competition Health Screening

Cardiovascular Exam prior to competition

In order to reduce the risk of “Sudden Cardiovascular Death in Sport” for the sport of rowing, World Rowing has introduced the IOC recommended Cardiovascular Pre-Competition Health Screening.

The leading cause (more than 90%) of non-traumatic sudden death in athletes is related to pre-existing cardiac abnormality.

The purpose of this screening is to identify, as accurately as possible, athletes at risk in order to advise them accordingly.

Sudden Cardiovascular Death is defined as: “Death occurring within one hour of the onset of symptoms in a person without a previously recognised cardiovascular condition that would appear fatal; this excludes cerebrovascular, respiratory, traumatic and drug-related causes.”

All entered rowers for the 2016 World Rowing Senior, Under 23 and Junior Championships are required to have completed this screening.

From 2015, all athletes competing in the World Rowing Junior, Under 23 or Senior Championship regattas must have completed a pre-competition health screening which includes a questionnaire, a physical examination and an ECG following the IOC’s recommended procedure. It is the responsibility of the national federation to ensure and certify that these Pre-competition Health Screening procedures have been performed.

Thereafter, all athletes competing in the World Rowing Junior, Under 23 and Senior World Championship regattas must complete the medical questionnaire and undergo a medical examination each year, and, in addition, must undergo a resting ECG every three years up to the age of 23, and every five years after the age of 23.

The screening takes place in three steps:

1. Answer the **medical questionnaire**: This questionnaire is provided in several languages, is strictly confidential and must be given to the responsible team doctor before the medical examination.

[Click here for the questionnaire.](#)

2. **Physical Examination**: (by the doctor) following the IOC recommendations published in the “Lausanne Recommendations” about Sudden Cardiovascular Death in Sport Consensus.

1. Cardiac auscultation:

a. Rate / rhythm

b. Murmur: systolic / diastolic

c. Systolic click

2. Blood Pressure
3. Radial and Femoral Pulses
4. Marfan stigmata

3. A **12-lead rest electrocardiogram (ECG)** (by the doctor). Doctor to look for anomalies in rhythm, conduction or repolarisation (if necessary).

Select cases with a positive personal history, family history of potentially inherited cardiac disease, or positive physical or ECG result **will require further evaluation by an age-appropriate cardiac specialist.**

For all other events, including the World Rowing Coastal Championships and World Rowing Masters Regattas, it is strongly recommended that rowers competing in these events undergo this Pre-competition Health Screening.

The national federations are responsible for insuring the correct administration of these screenings and are required to confirm to FISA that all entered athletes have completed the screening.