

APPENDIX 4.

Rowing Ireland Athlete Medical Protocol (Illness & Injury) and Policy.

As a member of the Rowing Ireland (High Performance Squad) a multidisciplinary support team is available to optimize your training and performance. Access to this team is a privilege not a right; it is the responsibility of you, the athlete to assume ownership of your own health.

Communication between all parties concerned in the care of you as an athlete is key. Following the protocol outlined below will maximize the efficiency of the service providers to get you the best care possible and get you back training/competing quickly. While it is appreciated that athletes may not be central to the medical officer, any health concerns should be shared directly to RI Medical Officer, Dr George Fuller (GF) and Sarah-Jane McDonnell (SM), physiotherapist who can/will provide guidance and your own GP.

In Case of Sickness/Illness

Sickness/Illness if you feel unwell enough so to affect your training for more than 2 days, Initial contact to be made within 48 hours of first signs of symptoms, detailing symptoms and concerns by text then follow by email. Most likely you will receive response within 24 hours.

In Case of Injury

Injury & Pain or discomfort felt during training/racing that alters performance or causes you to modify training (decrease volume/intensity, within or between sessions) Initial contact to be made within 48 hours of first signs of symptoms, detailing symptoms and concerns by text then follow by email. Most likely you will receive response within 24 hours.

Action steps:

You must contact both RI Team manager & High Performance Director (HPD) Morten Espersen phone (+353) 086 418 7812 & morten.espersen@rowingireland.ie

- RI Lead Coach (LC) Don McLachlan on (+353) 086 467 3299 & don.mclachlan@rowingireland.ie
- Contact Dr George Fuller (GF) & Sarah-Jane McDonnell (SM)

1. Provide all details of illness and impact on training.
2. Avail of on course/training camp/ home GP medical help.
3. If further intervention required where practical arrange consultation with Dr George Fuller.
4. Report to HPD/LC & GF/SM on the outcome of any care be it ongoing or not.

Whilst Racing Internationally

- If RI GF or SM is not present seek race organized medical assistance by the FISA events doctor & OC and have RI TD/HPD/LC along for assistance& documentation;
- Inform RI Team manager/HPD/LC phone(+353) 086 418 7812 & (+353) 086 467 3299 & mail morten.espersen@rowingireland.ie & don.mclachlan@rowingireland.ie
- If emergency medical assistance is required please contact the OC FISA Medical staff/doctor, HPD & LC; phone (+353) 086 418 7812 & morten.espersen@rowingireland.ie &(+353) 086 467 3299 &

don.mclachlan@rowingireland.ie

- Contact GF/SM;

1. Provide all details of illness and impact on training.
2. Avail of on course/training camp/medical help.
3. If further intervention required where practical arrange consultation with Dr George Fuller or GP.
4. Report to TD/HPD/LC & GF/SM on outcome of any care be it ongoing or not.
5. Obtain details, preferably written, of any medications used, investigations, tests or procedures carried out.
6. Keep all receipts for expenses incurred, if applicable.

In Training

- RI Team manager/LC phone & mail/number (+353) 086 467 3299 & don.mclachlan@rowingireland.ie

- Contact GF/SM;

1. Provide all details of illness and impact on training.
2. Avail of on course/training camp/ home GP medical help.
3. If further intervention required where practical arrange consultation with Dr Mick
4. Report to HPD & SM outcome of any care be it ongoing or not.
5. Obtain details, preferably written, of any medications used, investigations, tests or procedures carried out.
6. Keep all receipts for expenses incurred, if applicable.

Whilst at training camp, International/ National

- Inform Team manager/HPD/LC phone (+353) 086 418 7812 & morten.espersen@rowingireland.ie & (+353) 086 467 3299 & don.mclachlan@rowingireland.ie

- Contact GF/SM;

1. Provide all details of illness and impact on training.
2. Avail of on course/training camp/ home GP medical help.
3. If further intervention required where practical arrange consultation with GF/SM.
4. Report to TM/HPD/LC & GF/SM on the outcome of any care be it ongoing or not.
5. Obtain details, preferably written, of any medications used, investigations, tests or procedures carried out.
6. Keep all receipts for expenses incurred, if applicable.