



FÉDÉRATION INTERNATIONALE DE TEQBALL

**PRE-PARTICIPATION
PHYSICAL EVALUATION
FORMS**

The FITEQ Pre-participation Physical Evaluation (PPE) is the first and most important step in providing for the well-being of teqball athletes. The form is designed to identify risk factors prior to athletic participation by way of a thorough medical history and physical examination. By having regular check-ups, athletes remain fully aware of their medical status and can avoid injury or serious health risks.

The FITEQ PPE Form is mandatory at FITEQ organized events and must be uploaded during registration. In all other events it is the responsibility of the National Federation and/or the Local Organizing Committee.

The FITEQ PPE Form may be altered or modified, if necessary, to meet the requirements of national regulations. However, the FITEQ PPE Form sets the minimum standard. This does not deny the opportunity for FITEQ Members to set impose higher standards.

FITEQ recommends its National Federations and athletes to use the Comprehensive PPE Form in line with the IOC standard to best protect their health. In addition, FITEQ requires athletes to fill out new PPE Forms in the following cases:

- at least once per year even if the athlete has not competed but is a registered athlete;
- prior to participation in the first FITEQ organized event in a given year;
- after recovering from injuries lasting more than 3 weeks;

In addition, FITEQ highlights the need for special attention of the following areas during physical evaluations:

- Cardiopulmonary tests
 - heart conditions
- Musculoskeletal, with focus on:
 - the hip flexor
 - neck
 - spine
 - knees
 - ankles

FITEQ, requires that the PPE Form be signed by a physician (sports doctor, general practitioner, or as required by national regulations) holding a license to practice medicine in the respective country the athlete is a registered with a National Federation. The examination must be performed, and the PPE Form completed in its entirety. No presigned or pre-stamped forms will be accepted.

It is the responsibility of the National Federations to certify that the forms were completed by a medical practitioner licensed and allowed to do so in their given country.

The documents are available for download at <https://www.fiteq.org/document-directory>

COVID19 NOTICE

Due to the risk of infection of COVID19 and consequent health risks, athletes are advised to contact the medical practitioner completing the PPE form prior to attending and inform them of their health status.

During the completion of the PPE, athletes must pay special attention to symptoms of COVID19 and speak truthfully. Athletes must adhere to the COVID19 regulations of the respective country, national federation, and FITEQ.



SIGNATURES

The signature must be hand-written. No signature stamps will be accepted.

The signature of the medical practitioner supported by an official stamp.

Signature of the athlete.

For minors, the parent or legal guardian signatures.