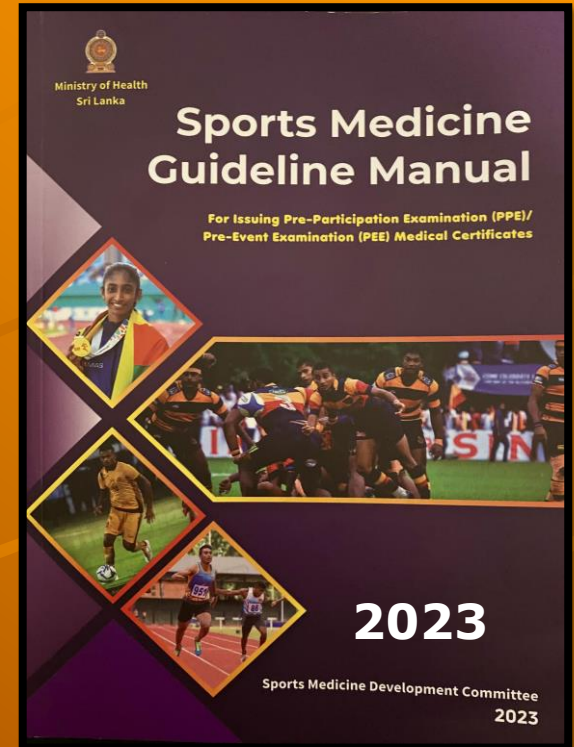
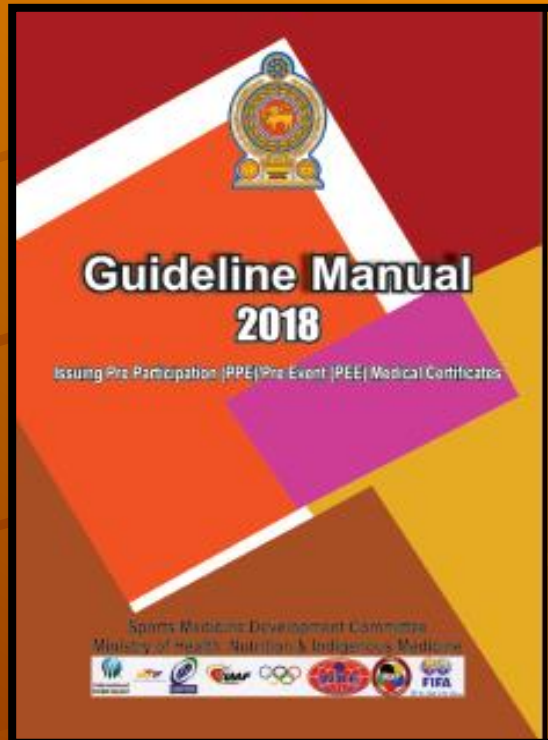
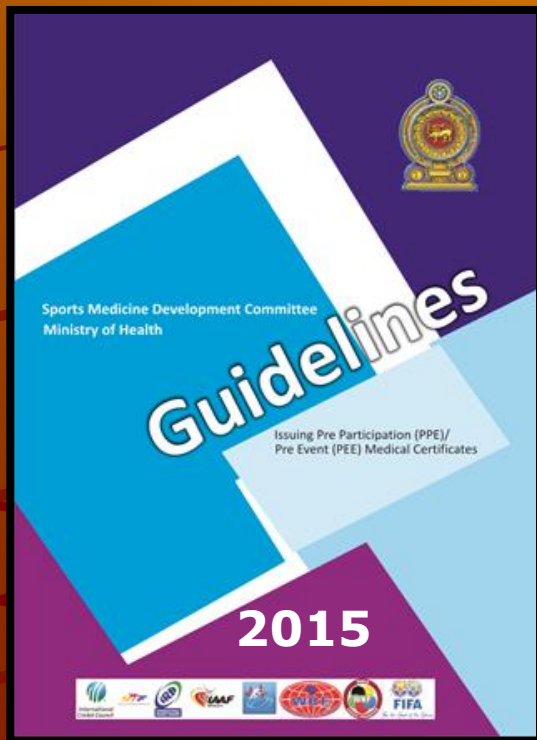


THE NATIONAL TRAINING PROGRAM FOR DOCTORS FOR ISSUING SPORTS MEDICAL FITNESS CERTIFICATES

PRE PARTICIPATION(PPE) & PRE EVENT(PEE)- 2023/2024



Sports Medicine Development Committee
Ministry of Health, Nutrition & Indigenous Medicine



16-year-old boy dies while taking part in school marathon

March 11, 2024 05:12 pm

2021 03-07 09:45

10mm/mV

10mm/mV

ID: ECG3587

NAME: J. Vithayan

SEX: MALE

AGE: ADULT

Easy Paper

024/13/7
1693 027380-6

Health	PHN	027380
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Name: J. Vithayan

Age (Years)	17y	Sex	M
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Related by	Government Hosp.	Private Dispensary	MOH	Self/Other
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Clinical History and Examination

FBC

Investigation

FBC

UFR

ESR

Lab Results:

Hb 11.9 g/dl

WBC 9220/mm³

R 50.2

L 39.4

E 3.5

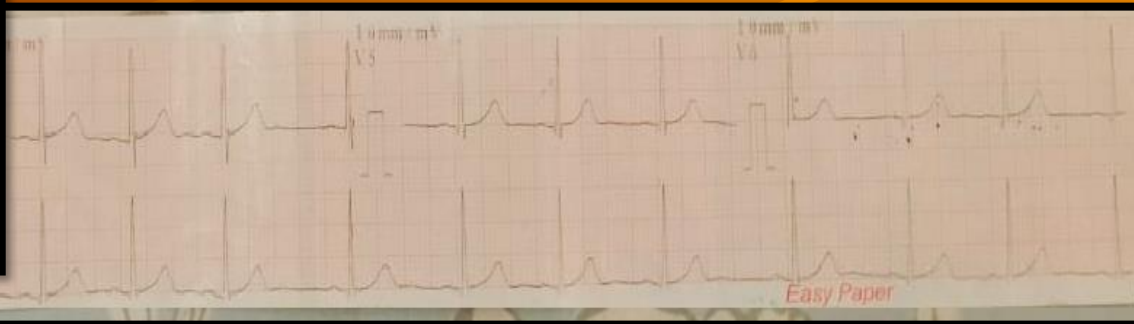
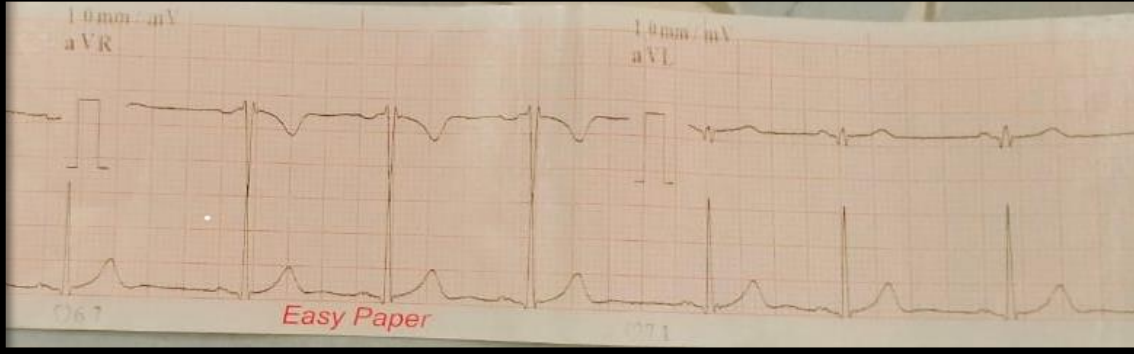
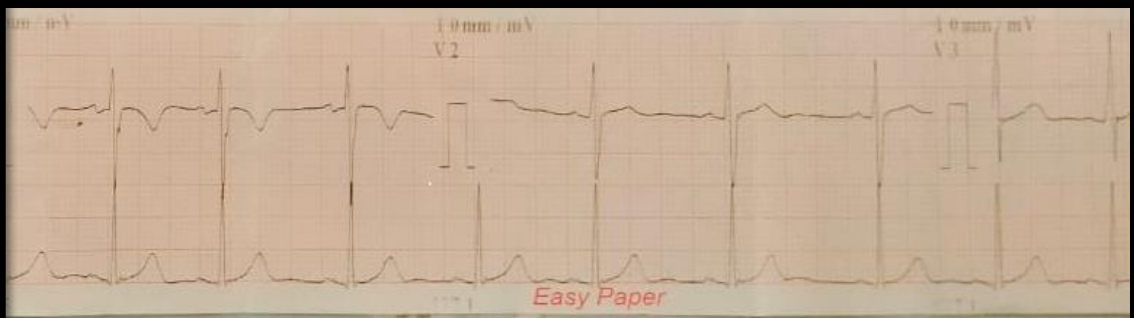
M 6.3

Platelets 200/mm³

ALT

Referred to	Specialist
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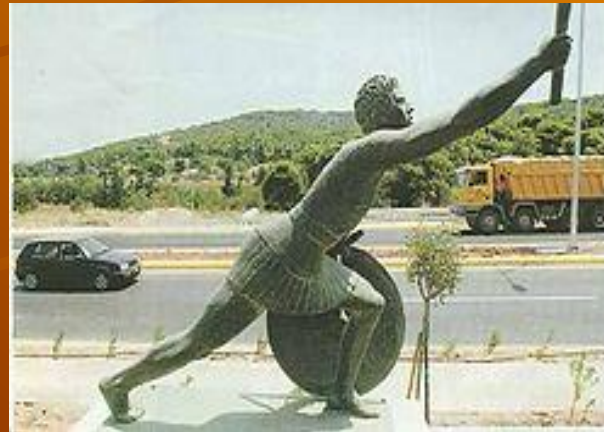
024/03/11 09:13



THE HISTORY AND THE BACKGROUND OF SPORTS MEDICINE



- ✦ In 490 BC, **Phidippides**, a young Greek messenger, ran **26.2 miles (42,2Km)** from **Marathon to Athens** delivering the news of the **Greek victory over the Persians**, and then he collapsed and died. *This is probably the first recorded incident of sudden death of an athlete.*



OVERVIEW OF CAUSES AND INCEDENCE & PREVALANCE OF SUDDEN ATHLETIC DEATHS



✦ Cause:

Most cases of SCD are related to undetected cardiovascular disease.

-In the younger population, **SCD is often due to congenital heart defects**, while

-Older athletes (35 years and older), the cause is more often related to coronary artery disease.

✦ Prevalence:

Although SCD in athletes is rare, media coverage often makes it seem like more prevalent.

Younger population, **most SCD occurs while playing team sports**; in about **one in 100,000** to one in **300,000 athletes**, and more **often in males**.

Older athletes (35 years and older), **SCD occurs more often while running or jogging** – in about one in **15,000 joggers** and one in **50,000 marathon runners**.

CAUSES AND INCEDENCE & PREVALANCE OF SUDDEN ATHLETIC DEATHS *In Sri Lanka*



- ✦ ***In Sri Lanka ???; Leading sport causing Athletic Deaths ? Long Distance/ Marathon Running !!***
- ✦ ***In 2013- 4 Deaths***
- ✦ ***In 2014- No Deaths (Road race removed from schools ?)***
- ✦ ***In 2015- 2 + 1? = 3 deaths (Introduction of PPE & PEE)***
- ✦ ***In 2016 one death (Ambalanthota- Road race)***
- ✦ ***In 2017-Three deaths (Colombo- Basket ball/ Teacher in leader ship training/Avurudu cross country run)***
- ✦ ***In 2018-Two deaths (Kandy- Rugby/Teacher in leader ship training)***
- ✦ ***In 2024 –one death 11th March Thirukkivil methodist college (Vedurshan- 16y) Open verdict ? (Akkaraipaththu)***
- ✦ **Total 14 SCDs all together from 2014 to 2024**
- ✦ **Since 2018, No deaths have reported among any student who have had proper PPE screening.**

CAUSES AND INCEDENCE & PREVALANCE OF SUDDEN ATHLETIC DEATHS *In Sri Lanka*



1874 Invented the Ball guard

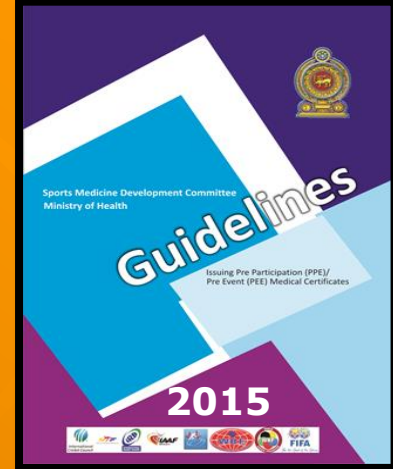


1974 invented the helmet



It took 100 years mankind to understand that the Brain is also important

In 2015 April 8th Ministry of Health introduced the screening tool in to the system



Screening

Screening probably does **identify 3% to 15% of athletes at risk.**

School athletes (> 12 years of age in Sri Lanka) usually have a physical examination by a physician **before participating in organized sports.**

Athletes with a family history of sudden death, Marfan syndrome, or heart disease at a young age, a history of exercise-induced syncope (fainting), a loud heart murmur, or previous heart surgery require further evaluation by a cardiologist.

The pre participation sports history and physical examination is often not sensitive enough to pick up rare heart conditions. And could not be able to prevent deaths due to environmental causes.

CAUSES AND INCEDENCE & PREVALANCE OF SUDDEN ATHLETIC DEATHS In Sri Lanka



- ✦ In 2015 April 8th Ministry of Health introduced the screening tool in to the system and so far up to date none of the SCD has been reported among athletes who got screened by our system.
- ✦ Since introduction of the screening system in 2015 up to date, 6 SCDs happened

In 2016 One death (Ambalanthota- Road race)

In 2017 Three deaths (Basket ball,Principal, Avurudu R)

In 2018 Two deaths (Kandy- Rugby,Principal)

in 2024 one death (Thirukkovil methodist college)

Since 2018 – 2024 No deaths reported among screened athletes according to PPE/PEE Guideline & ctd..

Why an Athlete needs a 'Sports Medical Fitness Certificate' ?



GOALS AND OBJECTIVES OF SPORTS MEDICAL FITNESS EXAMINATION

➤ PRIMARY OBJECTIVE:

TO FULLY FILL THE LEGAL AND ADMINISTRATIVE REQUIREMENTS.

➤ SECONDARY OBJECTIVES:

TO DETERMINE GENERAL HEALTH.

TO SERVE AS AN ENTRY POINT TO THE HEALTH SYSTEM.
HEALTH EDUCATION



What are the Types of 'Sports Medical Fitness Certificates'



✦ **Pre Participation Examination-PPE**

✦ **පූර්ව -ක්‍රීඩා යෝග්‍යතා සහතිකය**

Annually- Before start sports check eligibility for practice or training

By an authorized/qualified Doctor



✦ **Pre Event Examination-PEE**

✦ **පූර්ව තරඟ -ක්‍රීඩා යෝග්‍යතා සහතිකය**

On site/Just Prior- for an athlete who already has a- PPE check eligibility for competition

By an authorized/qualified Doctor



Do all the Athletes need those 'Sports Medical Fitness Certificates ?



◆ **The answer is**
NO !
Why ?

The different sports have varying endurance levels and the risk of triggering cardiac arrhythmias are also vary accordingly.

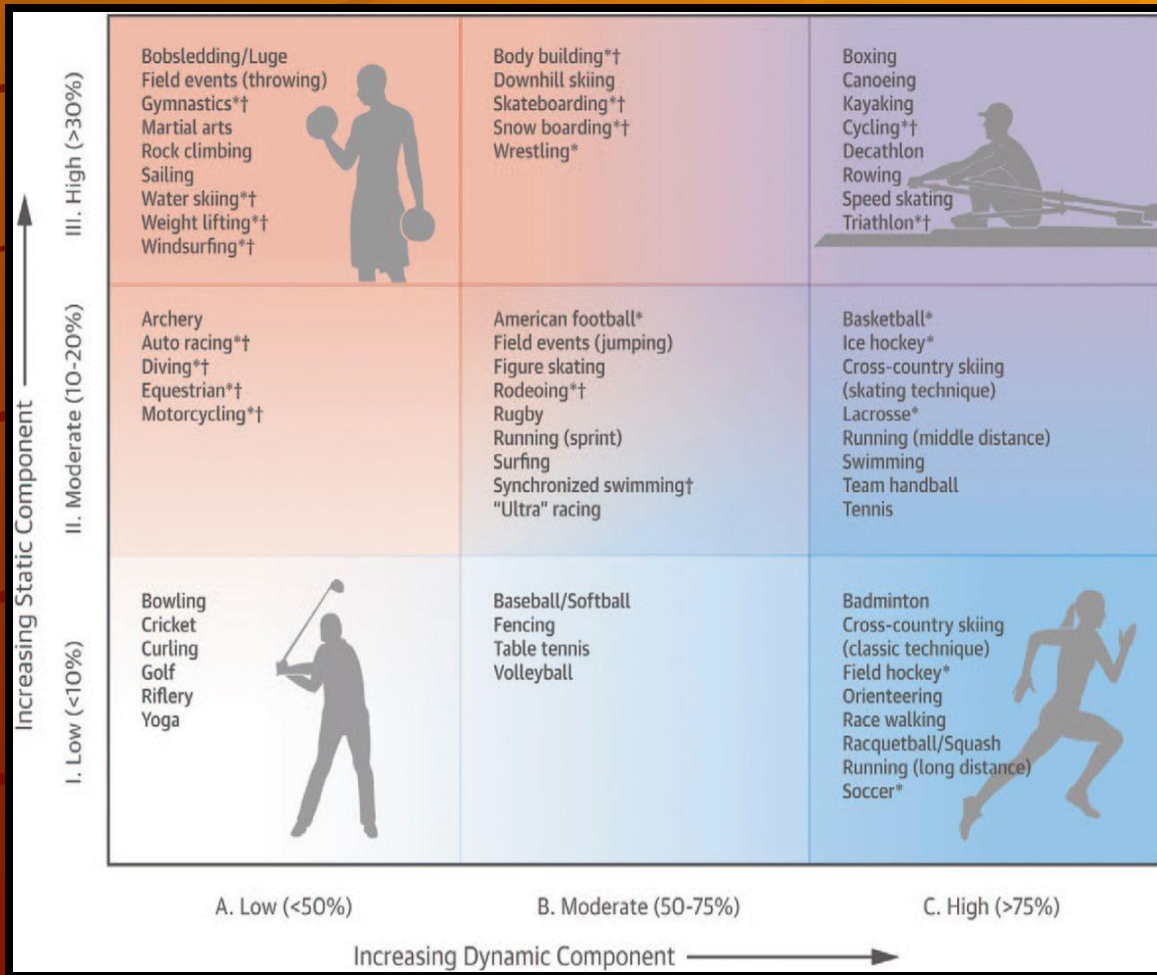
Depends on,
Dynamic and Static Components of the sport!

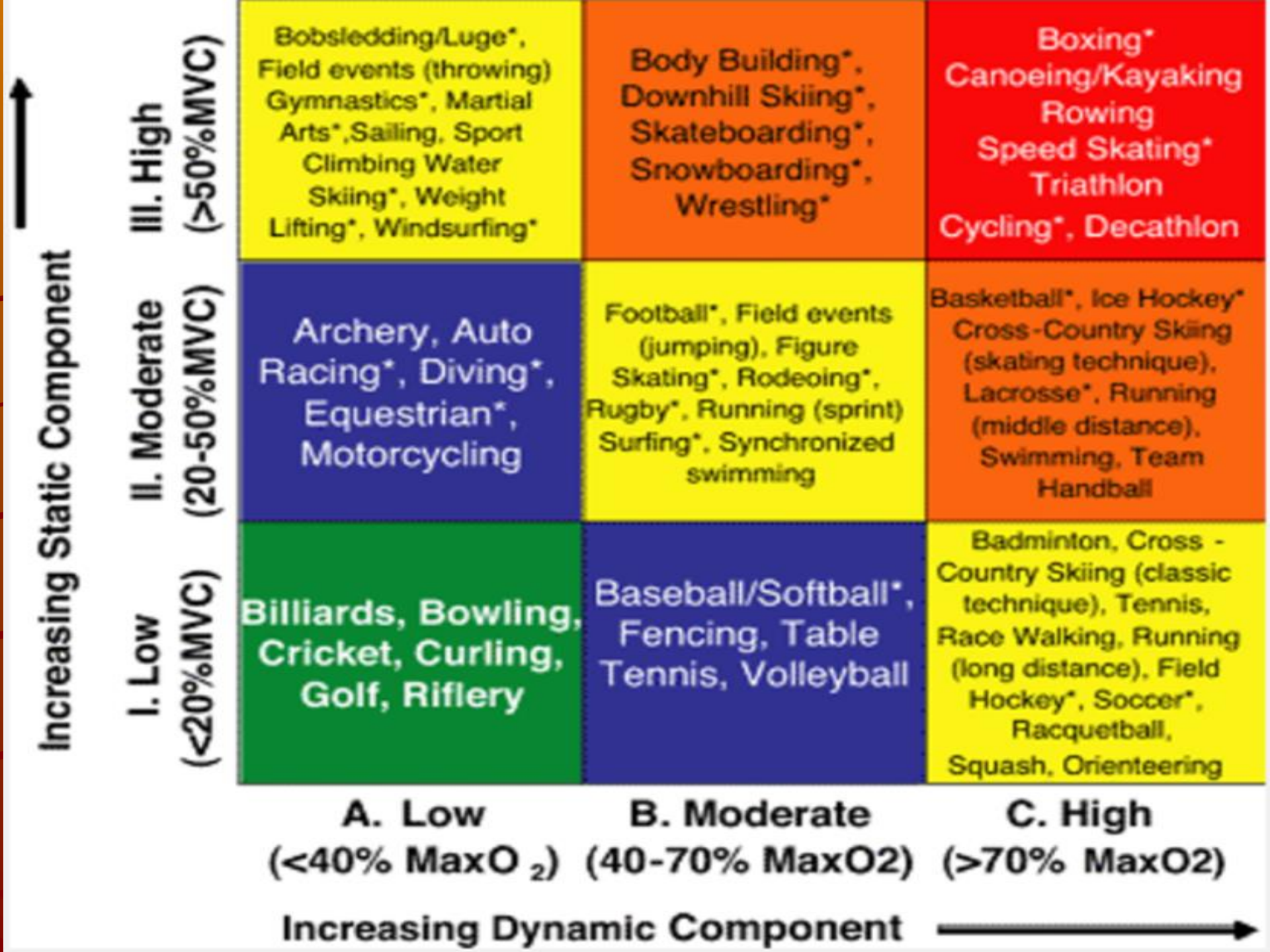
↑ Increasing Static Component	III. High (>50%MVC)	Bobsledding/Luge*, Field events (throwing) Gymnastics*, Martial Arts*, Sailing, Sport Climbing Water Skiing*, Weight Lifting*, Windsurfing*	Body Building*, Downhill Skiing*, Skateboarding*, Snowboarding*, Wrestling*	Boxing* Canoeing/Kayaking Rowing Speed Skating* Triathlon Cycling*, Decathlon
	II. Moderate (20-50%MVC)	Archery, Auto Racing*, Diving*, Equestrian*, Motorcycling	Football*, Field events (jumping), Figure Skating*, Rodeoing*, Rugby*, Running (sprint) Surfing*, Synchronized swimming	Basketball*, Ice Hockey* Cross-Country Skiing (skating technique), Lacrosse*, Running (middle distance), Swimming, Team Handball
	I. Low (<20%MVC)	Billiards, Bowling, Cricket, Curling, Golf, Riflery	Baseball/Softball*, Fencing, Table Tennis, Volleyball	Badminton, Cross - Country Skiing (classic technique), Tennis, Race Walking, Running (long distance), Field Hockey*, Soccer*, Racquetball, Squash, Orienteering
		A. Low (<40% MaxO ₂)	B. Moderate (40-70% MaxO ₂)	C. High (>70% MaxO ₂)
		Increasing Dynamic Component →		

Static & Dynamic components of sports



Static & Dynamic components of sports ctd.





Can any Doctor issue the PPE & PEE ?



No , Not by any Doctor !

Because it require Sound Knowledge in Sports, Rules,Physical Nature and requirements of the sport medicine to fulfill before issue.

should comply with current International Guidelines frequently updating- CME in every 2 years to renew your certificate

WADA/Olympic Medical Commission/Bethesda Consensus

If medical hazard happened to the athlete cover-up at a court of law?

The Sports medical fitness certificate can only be signed by ,

- **Consultant in Sports Medicine.**
- **Medical officer in Sports Medicine.**
(Diploma SpM/MSc. in SpM)
- **As per circular;An Authorized Medical Officer from the training program by the Sports Medicine Development Committee.**

Further as a preventive measure for such unexpected complication, Steering Committee for Sports Medicine Service Development decided to introduce Pre Participation Examination (PPE) and Pre Event Evaluation (PEE) for such athlete participants. PPE will be preferably done at the Sports Medicine Units by Sports Medicine trained Medical Officers in the Ministry of Health or Ministry of Sports or by the consultants in Sports Medicine or by the certified/authorized Medical Officers of the government hospital after an adequate training which is supposed to be organized by Ministry of Health.

How me and you as a Medical Officer decide on the matter?



✦ Answer is the Guideline manual !

✦ ECG-Mandatory Sports

Running > 1500m

Cadetting

Swimming > 400m

Boxing

Soccer

Cycling

Race Waking

Hiking

Martial Arts

Rugby

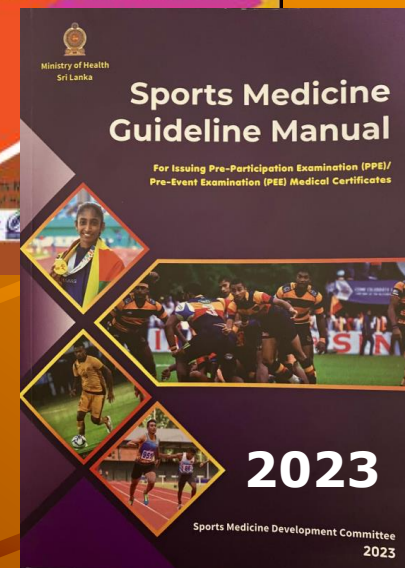
Hand Ball

✦ Eligible Candidates to Request

Any Athlete that his or her parents, coach, teachers, guardians thinks he or she better to have sports medical fitness certificate.

Kids Age 12 years is the cutoff age limit for the competitive sports (not documented)

Age >15 years for Marathon Running (>5000m) ctd.



Ministry of Education Sports

Circular- 2022/03/11

◆ Sports Require Sports Medical Fitness Assessment. Out of 32 Sports

- **1.Karate** {> 14 Years}
- **2.Rugby** {> 16 Years} (Under 10 tournament?)
- **3.Taekwondo** {> 16 Years}
- **4.Wushu** {> 14 Years}
- **5.½ Marathon 21.1 km** {> 16 Years}
 - ◆ School marathon 5km girls /8km boys
- **6.Wrestling** {> 14 Years}
- **7.Boxing** {> 14 Years}
- **8.Judo** {> 14 Years}
- **9.Cycling** {> 16 Years}
 - ◆ 20km girls/30km boys

How could the public, Athlete, Parents, Teachers decide on the matter?



➤ The answer is Circular by the Ministry of Education & Press release by the MOH.

ප්‍රචාරණ නිවේදනය.
PRESS RELEASE
 සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශය,
 Ministry of Health, Nutrition and Indigenous Medicine.
 Telephone: Office: 26939219 Gen: 26940333, 2669192, 2673011, 2675449 Fax: 2689540

2016.01.12

සාසල් ක්‍රීඩා කරන වලංගු ඉදිරිපත්වන සියළුම ක්‍රීඩක ක්‍රීඩිකාවන් ක්‍රීඩා වෛද්‍ය සහතිකය ලබාගැනීම අනිවාර්යයි.

සාසල් ක්‍රීඩා කරන වලංගු ඉදිරිපත්වන සියළුම ක්‍රීඩක ක්‍රීඩිකාවන් ක්‍රීඩා වෛද්‍ය සහතිකය ලබාගැනීම අනිවාර්ය බව සෞඛ්‍ය පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශය නිවේදනය කර සිටී. අධ්‍යාපන අමාත්‍යාංශය සහ ක්‍රීඩා අමාත්‍යාංශය ද එම අනුමැතිය ලබාදී ඇත.

සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍ය දෙපාර්තමේන්තුවේ මැදිහත්වීමේ උපදෙස් මත ක්‍රීඩක ක්‍රීඩිකාවන් වන අම්ම වැඩවිලිවලට යාමේ පාසල් ක්‍රීඩකයින් සඳහා සෞඛ්‍ය පත්විටිකයින් පවතින බවට සහතික කිහිප කිරීම සඳහා බලාපොරොත්තු වන අතර එමගින් වෛද්‍යවරයන් 1000 ක් පුහුණුකර මුළු දිවයිනම ආවරණය වන පරිදි රෝහල්වලට අනුයුක්ත කිරීමට සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශය මේ වනවිටත් කටයුතු කොට ඇත. එම වෛද්‍යවරයන්ගේ පමණක් නොව සාමාන්‍ය අය සාසල් ක්‍රීඩා අධ්‍යක්ෂවරයන්ට ලබාදී තිබේ. එමෙන්ම එම දේශීය සෞඛ්‍ය අමාත්‍යාංශයේ සිලු අධිකාරීන් වන www.health.gov.lk මගින් ද සාසල් ක්‍රීඩා අධ්‍යක්ෂවරයාගෙන් විද්‍යාත්මකවරයාට හෝ සාර්වික වෛද්‍ය සාර අවබෝධයට ලබාගත හැකි බව සෞඛ්‍ය සේවා අධ්‍යක්ෂ ජනරාල් විශේෂඥ වෛද්‍ය සාමුහික මගීසාල මහතා පවසයි.


සෞඛ්‍ය අමාත්‍යාංශයේ දැනට අනුමත සාසල් ක්‍රීඩා කරන සඳහා ලක්ෂ 09-10 කට අධික ක්‍රීඩක ක්‍රීඩිකාවන් එක් වේ. ඔවුන් අතරින් වෛද්‍ය පරීක්ෂණවලට යොමු කළ යුතු ක්‍රීඩාවල නිරතවන සංඛ්‍යාව ලක්ෂ 05 ක් පමණ වේ. ක්‍රීඩා වෛද්‍ය සහතික ලබා ගොනොගත් 2013 වසරේ දී සාසල් ක්‍රීඩකයන් 04 ක් ද, 2015 වසරේ දී සාසල් ක්‍රීඩකයන් 02 ක් ද අනෙකුට ලක්වී පිවිසීමට පත්වී ඇත. ඔවුන්ගෙන් බහුතරයක් සාසල්වලට සහ රෝහල්වලට පෙනෙන්නේ සිටි බව අනාවරණය වී තිබේ. ලක්විට වෛද්‍ය පර්යේෂණාගාරයට යොමු කොටුවේ, උණ, පාහින, වමනය ආදී රෝගී තත්වයන් නොපලවන ක්‍රීඩා කිරීම, පැඩි කාලයකින් පසුව රෝගීන්ට යාමේ ක්‍රීඩා කිරීම, මරණය සහ හානිකර හා වැඩිම ඉසව් වලදී සාසල් ක්‍රීඩකයන් මරණයට හේතු වී ඇති බව සෞඛ්‍ය සේවා අධ්‍යක්ෂ ජනරාල්වරයා අවධාරණය කර සිටී.

මෙම වෛද්‍ය සහතිකය නොමිලේ කිසිදු කොටසක් නොවේ. එය ලබාගැනීම සඳහා විද්‍යාත්මකවරයාගේ ලිපිනය, සම්මත ඩී.සී.පී පරීක්ෂණ සහතිකයක්, මුද්‍රණ ප්‍රමාණයේ පිටපත සාධාරණයක් සහ පිලිතුරු සපයන ලද ප්‍රශ්නාවලි පත්‍රිකාවක් ඉදිරිපත් කළ යුතු වේ. එම ප්‍රශ්නාවලි පත්‍රිකා රෝහල්වලට සමත් ලබාගත හැකිය. ක්‍රීඩා කරන සඳහා වෛද්‍ය සහතිකය ඉල්ලා සාසල් ක්‍රීඩක ක්‍රීඩිකාවන් අවසන් මොහොතේ රෝහල් වෙත පැමිණීමේ කේතයක් දැඩි සලකුණක් ඇති වේ.

සමහරකාරී ක්‍රීඩා ඉසව් සඳහා සෞඛ්‍ය සහතික ලබාදීම සිදු කරන්නේ වරක අවුරුදු 12 පමණක් වූ සාසල් ක්‍රීඩක ක්‍රීඩිකාවන්ට පමණකි. මරණයට ධාවන කරන සහ සම්පූර්ණ ක්‍රීඩාවේ ඉසව් සඳහා වරක අවුරුදු 15 ඉක්මවා සීමාව ගත වේ. මෙම වයස් සීමාවලදී දැරුවත් ක්‍රීඩාව ආරම්භ කිරීමට ප්‍රථම හෝ පුහුණුවීම ආරම්භ කිරීමට ප්‍රථම පුරවි ක්‍රීඩා රෝහලක සහතිකයක් ලබාගත යුතු වේ. එම සහතිකය ලබාගත් අනුන් සහ සඳහා පුහුණුවෙන් පසු අනිවාර්යයෙන්ම පුරවි කරන කේතයක සහතික ලබාගත යුතුය.

ක්‍රීඩා වෛද්‍ය පරීක්ෂණය සඳහා සහතිකයක් දැරුවත් ක්‍රීඩා අනුකූලව සාසල් ආහාර අනුභව කොට පැමිණීම අත්‍යවශ්‍ය වේ. ඔවුන් සියළු දෙනා අවම වශයේ 05 ක් ද උපරිම වශයේ 15 ක් ද කාර්ය දාර්ශනිකව පරීක්ෂණයට සහභාගී විය යුතු වේ. මරණය, හානිකර දැවීම්, බරපතල ධාවන කරන, මීටර 1500 ට වඩා වැඩිදුර කරන, මීටර 400 ට වඩා වැඩිදුර පිහිනීම, රසව, පාහින, සිදු හැසීම, ගිනනය, සරත් සලාට් සහ මෝටර් සහ ක්‍රීඩා ඉසව් සඳහා වෛද්‍ය සහතික අනිවාර්යයෙන්ම ලබාගත යුතු වේ.

ක්‍රීඩා කරන වලංගු අනෙකුට සිදුවීම අවම කිරීම සඳහා මෙම ක්‍රීඩකයන් මෙම වසරේ සියළුම සාසල් විද්‍යාත්මකවරයන් සහ දෙපාර්තමේන්තු අනුගමනය කිරීම අනිවාර්ය බව සෞඛ්‍ය සේවා අධ්‍යක්ෂ ජනරාල්වරයා විද්‍යාත්මකව අවධාරණය කර සිටී.



නිපුණ ව්‍යාපෘතිය,
 සෞඛ්‍ය, පෝෂණ හා දේශීය වෛද්‍ය අමාත්‍යාංශයේ මාධ්‍ය ලේඛනී

වැඩිදුර විස්තර සඳහා සෞඛ්‍ය අමාත්‍යාංශයේ ක්‍රීඩා වෛද්‍ය සංවර්ධන විකසයේ සහ මේ සඳහා වෛද්‍යවරයන්ගෙන් ලබාගත හැක.

01. ක්‍රීඩා වෛද්‍ය සේවයේ දුරකථන සේවය - 0777555681
 02. ක්‍රීඩා වෛද්‍ය සංවර්ධන ආරම්භක - 0773141177



How the Doctor issue a 'Sports Medical Fitness Certificate'



◆ 5 - Steps Approach for issuing -PPE

1. **Request-** School/Coach/Event Organizers- Free for student
2. **Eligible Candidate-** Guidelines/Clinical Grounds
3. **PPE Form (*Questioner*)** filled by the athlete or parents
(kept with Doctor-1y)
4. **Investigation-** ECG (12 Lead and Long Rhythm Strip L11)
& other investigations.
5. **Photograph-** Recent Passport size
Person- Qualified/Authorized MO
Place- Hospital/Station



Pre Event Clearance Certificate (PEE)

issuing steps to follow

3- Steps Approach for issuing- PEE

1. Request- School/Coach/Event Organizers

2. Eligible Candidate- Circular/Clinical Grounds

PPE- prior Mandatory & minimum 02 weeks of training

3. Place- Hospital/Station/On Site

May Need to accustom according to the state of athlete.

If Athlete doesn't have the PPE when he request for a 'Pre Event Clearance'- Immediately a PPE could be arranged if the answer to question no 27 is 'yes'

'Pre Participation & Pre Event clearance at the same time'!!

If not only a PPE issued and review after training (2 weeks) asses ,fill the questioner again (q-27) if satisfy issue the PEE

PPE Form filled by athlete or parents- may not need

Investigation- ECG (12 Lead and Long Rhythm Strip L11) –

may not need up to 2 years from the first ECG

How I perform a 'Sports Medical Fitness Examination'?

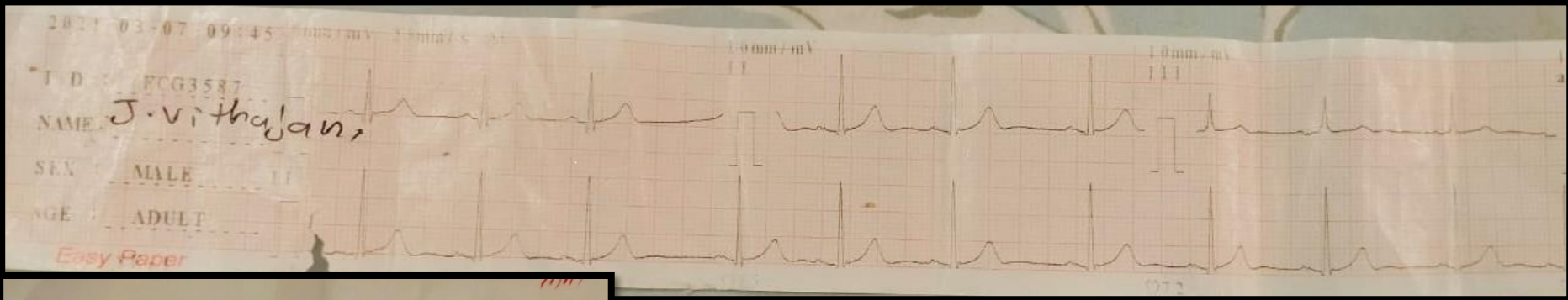


1. Check the application form/History & Do the Physical examination



**2. Do the Physical /Endurance test
30 min walk/jog**





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සෞඛ්‍ය සංවිධාන Health	පිටි පාලන කොටු Out Patient Department	PHN	027380
නම Name	J. Vithayan		
වයස (වැ.) Age (Years)	17	ආස්ත / ලිංගික Sex	M
වෛද්‍ය මගින් පිළිගැනීම Referred by	ජාතික රෝහලේ රෝගීන් Government Hosp.	පුද්ගලික වෛද්‍ය උපදෙස් Private Dispensary	මහ රෝහලේ MOH
වෛද්‍ය ඉතිහාසය සහ විමර්ශන Clinical History and Examination	<p><i>FBC</i></p> <p> Hb 11.9 g/dl WBC 9280/mm³ R 50.2% L 39.4% E 3.5% M 6.3% Platelets 200/mm³ ALT </p>		
වෛද්‍ය උපදෙස් Referred to	වෛද්‍ය විමර්ශන පිටි පාලන කොටු Out Patient Department		

024/03/11 09:13



ADA derana

March 18, 2024 11:15 pm

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16-year-old boy dies while taking part in school marathon

March 11, 2024 05:12 pm

What are the Medical Conditions affect Sports Participation ?



PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Medical Conditions Affecting Sports Participation

Committee on Sports Medicine and Fitness

Pediatrics 2001;107:1205

DOI: 10.1542/peds.107.5.1205

The online version of this article, along with updated information and services, is located on the World Wide Web at:

<http://pediatrics.aappublications.org/content/107/5/1205>

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American Academy of Pediatrics

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Take home message



- ◆ H- 1246 is the legal Sports medical document.
- ◆ It can only be issued by a qualified or an authorized physician
- ◆ PPE should all ways be carried out before issuing a PEE
- ◆ H- 1246 valid only for one year and athlete should renew it.
- ◆ Refer to the guideline manual and sports medicine doctors when ever needed.
- ◆ In the hospital you are authorized to prepare and use a rubber stamp " Authorized MO for PPE & PEE"
- ◆ Your certificate valid for 02 years from the date of issue
- ◆ You may do it in the PVT. Sector !



Ministry of Health
Sri Lanka

SPORTS MEDICINE DEVELOPMENT COMMITTEE

Certificate of Authority

Medical officer for Sports & Exercise Pre Participation and Pre Event Fitness Assessment

This Certificate is awarded to

Dr. _____

EMMC Reg. _____

Successfully participated the training program to become an Authorized Medical Officer to conduct Sports & Exercise Pre Participation and Pre Event Fitness assessments and to issue the H - 1246 certificate thereafter; subjected to the guidelines, terms and the conditions of the Circular no MA/MS/E/06/2012(11) signed by the Hon. Secretary to the Ministry of Health on 24th October 2014 and the Circular no MA /MS/E/01/2015 implementing rules and regulations thereof issued by the DDG (MS) II on 20th January 2016 and the supplementary press release by the secretary to the Media of Hon. Minister of Health on 12th January 2016; with the effect from the date of till the date of For a period of two years after which the authorization shall be renewed after participating a CME program conducted by the sports medicine development committee.

Dr. Himan De Silva

Olympic Sports Physician
Sports Medicine Development Committee
Ministry of Health

Dr Pandula Athauda-arachchi

Head of Cardiovascular Medicine & Surgery (DHC, Colombo) &
Consultant Interventional Cardiologist & Senior Lecturer(I),
Head of Department , Paraclinical- Faculty of
Medicine KDU &
Clinical Lead- BE studies at KDU/UHKDU

Dr. Asela Gunawardane

Director General of Health Services
Ministry of Health

Any questions?

Dr.Himan De Silva(Olympic Sports & Exercise Physician)

MBBS

Dip Sports Med (PGIM. Col)

Dip Sports Med (Olympic Med. Com- UK)

Dip. Sports Physiotherapy (IOC-UK)

Dip. Sports Psychology (IOC- UK)

MSc in Sports Med (Cardiff –UK)

PhD in Sports Med.(Read)

International Sports medicine training coordinator

Sports medicine development Committee

Ministry of Health





Recommended Maximum Running Distance

Age	Recommended Maximum Running Distance	Recommended Maximum Training Frequency per week
Under 9 Years	3 km	3 sessions per week
9 to 11 Years	5 km	3 sessions per week
12 to 14 Years	10 km	3 sessions per week
15 to 16 Years	21.1 km (Half Marathon)	5 sessions per week
17 Years	30 km	5 sessions per week
18 Years	42.2 km (Full Marathon)	3 sessions per week

When should you hold your race?

In many parts of the world the climate dictates the best time of year to hold your race, so that conditions are most favorable for running. Ideal conditions for fast running would probably be between 5-15C. If the temperature does not fall as low as 15C you should try to run your race at a time when the temperature is at a seasonal low, and at a time of day that will minimise heat stress. This would normally be early morning, which is also when traffic conditions are likely to be most favorable.

There may be other factors which would influence the time of year that it is best to hold the race, including:

- the possibility of attracting visitors at a time when there **is the required hotel capacity available.**
- the desire to coincide the race with a particular national holiday or local festival.
- the need to avoid competing with other events in the road running calendar.
- the need to schedule the race at a time when TV coverage is possible

In particular, if you are seeking to attract elite athletes to compete in your race, you should avoid holding it at the same time as major international championships or big city races, so that you are not competing for runners against these established events.

To increase the possibility of attracting TV coverage, consider other sporting events that the local TV network features and avoid clashing with these.



Doping & Supplements in Sports

DOPING AND SUPPLEMENTS IN SPORTS

1. Morgan's rule for doping and supplement

"If a supplement works in somebody's body it is likely that it contains prohibited substance. At the same time if a prohibited substance is taken it is likely to work in somebody's body."

2. No magic potion/drug or a supplement that can boost performance within a day or a second.



3. Check for FDA approval for the substance before you prescribe 'you may be safe'

4. Go through 'WADA updated prohibited list in each year' if you are not sure!

5. Contact doping control officer/ sports medicine doctor for any clarification

