



Mandatory examinations in the UCI medical programme for UCI Women's WorldTeams.

Version in force from 1st December 2019

1. General

- 1.1 In accordance with articles 13.3.037 to 13.3.039 of the UCI medical rules, riders of UCI Women's WorldTeams must undergo a medical monitoring programme for which each examination will include at least a medical interview, a clinical examination and the biological and paraclinical examinations reported below.
- 1.2 The Team Manager shall be responsible for the organization and implementation of the medical monitoring programme. The clinical examinations and blood tests are carried out under the responsibility of the Team Doctor, who holds a team doctor's license issued by his/her national federation.
- 1.3. These examinations provide a basis for assessing the medical fitness of the cyclist to train and compete. They shall be carried out in such a way that their results are known by the rider and the Team doctor before the end of the period in which they must be carried out.

2. Annual examinations

- 2.1 Before the request for the license is submitted, the Team has to inform the rider of the examinations she has to undergo between the **1 January and 15 March**.
 - A medical interview including a full clinical examination,
 - A cardiovascular questionnaire available in the UCI Website,
 - A rest electrocardiogram (12 leads),
 - A blood test including,
 - o *UREE*
 - o *CREATININE*
 - o *FULL BLOOD COUNT*
 - o *RETICULOCYTES*
 - o *FERRITIN*
 - o *C-REACTIVE-PROTEIN*
 - o *GLUCOSE*
 - o *TSH*
 - o *TOTAL TESTOSTERONE*
 - o *BASAL CORTISOL*
 - A urinary stick.
- 2.2 The examinations passed during the period from **1 May to 15 July** of each year (**second period**), shall include:
 - A blood test including,
 - o *FULL BLOOD COUNT*

- o *RETICULOCYTES*
- o *FERRITIN*
- o *C-REACTIVE-PROTEIN*
- o *TSH*
- o *TOTAL TESTOSTERONE*
- o *BASAL CORTISOL*

3. Recommended examinations

It is recommended that cyclists undergo the following examinations:

- Serology for :
 - o *HIV*
 - o *HBV*
 - o *HCV*
- Anti-tetanus vaccination.

4. Controls

After each period of testing the Team doctor shall submit a declaration to the UCI Medical Director in accordance with the model available in the [UCI website](#), noting the examinations undergone by each rider (Inside UCI/Medical). This declaration must be send by email (medical@uci.ch) to the UCI Medical Director by 31 March and 31 July for the first and second periods of the mandatory medical examinations, respectively.

Sanctions stipulated in article 13.3.051 shall apply in case of violation of the regulations set out in the paragraphs 13.3.031 to 13.3.050.