OBLIGATORY EXAMINATIONS OF THE UCI MEDICAL MONITORING PROGRAMME
IN MOUNTAIN-BIKE – TRACK - BMX

Version in force from 1st February 2013

1. General

1.1 In accordance with article 13.1.047 of the regulations, each examination in the medical monitoring shall include a clinical examination and the examinations stipulated below.

1.2 These examinations shall be carried out in such a way that their results are known and provide a basis for assessing the fitness of the cyclist before the end of the period in which they must be carried out.

1.3 The clinical examination is carried out by the medical consultant appointed by the National Federation (NF) or by the doctor chosen by the athlete.

2. Annual examination

2.1 Before the request for the license is submitted, the National Federation has to inform the rider of the exams he /she has to undergo:

**1st period of examinations: January 1st to March 15th**

- AN interview and clinical examination;
- A blood test including:
  - GLUCOSE
  - TOTAL CHOLESTEROL
  - TRIGLYCERIDES
  - FULL BLOOD COUNT
  - RETICULOCYTES
  - C-REACTIVE-PROTEIN or SEDIMENTATION RATE
  - FERRITIN
  - yGT
  - ALAT (GPT)
  - ASAT (GOT)
  - TOTAL PROTEINS or ALBUMIN

- A cardiological questionnaire
- A rest electrocardiogram (12 leads)
- A urinary stick

2.2 The examination passed during the period from 1st May to 15th July of each year (2nd period), shall include:

- A blood test including:
  - FULL BLOOD COUNT
  - RETICULOCYTES
  - C-REACTIVE-PROTEIN or SEDIMENTATION RATE
  - FERRITIN
  - ALAT (GPT)
  - ASAT (GOT)
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3. Recommended examinations

It is recommended that cyclists undergo the following examinations:

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