



## Certificate of Fitness – Tackle Rugby League players aged 40 years and older

Contains information for Medical Practitioners in relation to the issuing of the approved form pursuant to NSWRL policy pertaining to players aged 40 years and older.

The purpose of a medical examination of persons aged 40 years and older wishing to register or maintain their registration as a tackle Rugby League player, is to reduce the risks of participation in Rugby League.

It is a condition of registration that each player aged 40 years and older provide a Certificate of Fitness to the registering club each year before participating.

It is appreciated that such examination will not prevent injuries arising during a match or training session. The purpose of the examination is to detect those persons who are particularly at risk due to pre-existing disease or anatomical abnormalities.

The Medical Practitioner should undertake any medical examinations and tests that they believe are necessary to give them confidence to issue the Certificate of Fitness.

The NSWRL does not require details of the examination undertaken or medical test results obtained. The confidentiality of this information should be maintained between the Medical Practitioner and player. The Certificate of Fitness is all that is required to be provided to the registering club and uploaded to their registration profile.

***The Medical Practitioner, in examining the patient, should look for abnormalities which decrease the ability of the person to participate in contact sports such as:***

- *Loss of sensation particularly sight, hearing*
- *Slow, clumsy movements, e.g. cerebral palsy*
- *Muscular and/or joint disease*
- *Lesions of balance/co-ordination*
- *Easy fatigability, secondary to heart/renal disease*
- *Respiratory disease, chronic or periodic, e.g. Asthma*

***And increase the risk of injury such as:***

- *Bleeding tendency, e.g. Haemophilia*
- *Family history of heart disease*
- *Past history of multiple fractures*
- *Increased size viscera, especially liver and spleen*
- *Undescended testes*
- *Loss/abnormality of paired organs*
- *Poorly controlled diseases, e.g. Hypertension/diabetes*
- *Disease with poor healing/potential joint instability, e.g. Collagen disease*
- *Transient/prolonged neurological system/signs, including headache*
- *Previous injury with incomplete recovery of function or complicating sequelae*

If you do not consider this person fit to compete in Rugby League then you should not issue the Certificate of Fitness.



## Certificate of Fitness Approved form issued pursuant to NSWRL Policy – Tackle Rugby League players 40 years and older

Form must be completed by a registered medical practitioner.

I, \_\_\_\_\_

**[insert name of medical practitioner above]**

being a registered medical practitioner,

Medical Registration Number: \_\_\_\_\_

**[insert number/stamp]**

of: \_\_\_\_\_

**[insert address above]**

declare that: \_\_\_\_\_

**[insert name of player above]**

whom I identified from:

Photo Driver's License No: \_\_\_\_\_

or Photo in Registration records (Include NRL ID) : \_\_\_\_\_

or Photo Passport No: \_\_\_\_\_ Country of issue: \_\_\_\_\_

in my opinion, and after undertaking the required medical assessments on

\_\_\_\_\_, this person is fit to compete in body contact sport.

**[insert date of examination above]**

Medical Practitioner Signature: \_\_\_\_\_

Date: \_\_\_\_\_

It is an offence under NSWRL rules to provide any information or produce any document that a person knows is false or misleading in connection with a medical examination.