



## **MEDICAL SERVICES & DOPING CONTROLS**

### **MEDICAL SERVICES**

---

Medical services will be provided in accordance with the IAAF Competition Medical Guidelines.

The LOC Medical Team will consist of more than 20 trained and experienced medical staff including physicians and physiotherapists. During the Championships, the ECTH Varaždin 2019 Medical Team will operate at three Medical Centres at the official locations.

#### **1. MEDICAL CENTERS**

##### **Medical Center at Main Stadium**

Medical Center at Main Stadium will be located between warm-up area and competition site; it will be equipped with all needed pharmaceutical products, fluids, and ice<sup>1</sup>. Trained medical doctors and physiotherapists will be assigned at the Medical center during working hours (two doctors and three physiotherapists) and two teams (doctor and physio) will be available for the infield interventions.

Medical Center will be open during both days of competition and during official training times.

Ambulance car will be on site during both days of competition from 13.00h until 21.00h.

Opening hours on both days of competition will be from 13.00h until 21.00h.

In case of an emergency Medical center and ambulance car will be available to spectators.

##### **Medical Center at main accommodation site, Student Dorm Varaždin**

Main accommodation site will be at Student Dorm Varaždin. Medical center with medical doctor and three physiotherapy rooms with trained physiotherapists will be available at the Dorm. It will be equipped with all needed pharmaceutical products, fluids, and ice<sup>1</sup>. Trained medical doctors and physiotherapists will be assigned at the Medical center during working hours. Opening hours will be on Thursday, from 14.00 to 18:00h, Friday, August 9 from 11.00h until 17.00h and on Saturday, August 10 and on Sunday, August 11 from 9.00h until 13.00h. Two physiotherapist and doctor will be available during opening hours. After working hours medical staff will be available either at Medical center at the Stadium (which is few minutes away from the Student Dorm) or on call.

Appointments for physiotherapy to be made at the physiotherapy rooms.

---

<sup>1</sup> Products and materials available in the medical center are listed in appendix 1.



### **Medical Center at Hotel Turist, Varaždin**

Medical Center will also be available at Hotel Turist, Varaždin. It will be responsible for Teams whose accommodation will be at Hotel Turist, as well as VIP hotel Park Boutique. Medical center with medical doctor and physiotherapy room with trained physiotherapists will be available at the site. It will be equipped with all needed pharmaceutical products, fluids, and ice<sup>2</sup>. Trained medical doctors and physiotherapists will be assigned at the Medical center during working hours. Opening hours will be on Friday, August 9 from 11.00h until 18.00h and on Saturday, August 10 and on Sunday, August 11 from 9.00h until 13.00h.

If you need medical assistance, please contact the closest Medical Centre. A dedicated 24/7 ECTH Varaždin 2019 Medical Hotline will be communicated at a later stage.

In case of emergencies, the Medical Emergency Number in Croatia is **112** or **94**.

## **2. PHYSIOTHERAPY SERVICES**

Physiotherapeutic treatment by experienced LOC physiotherapists will be available at Main Stadium, Medical Center at main accommodation site, Student Dorm Varaždin, Medical Center at Hotel Turist in Varaždin,

All Team Hotels will have physiotherapy rooms where LOC physiotherapists will be available for treatment (appointments to be made at the physiotherapy rooms).

## **3. TEAM DOCTORS AND PHYSIOTHERAPISTS**

The Team Doctors and Physiotherapists who have been reviewed and registered by European Athletics may provide medical and physiotherapy services to their own Team Members (Athletes and Officials) after obtaining accreditation cards. Team Doctors or Physiotherapists are not allowed to provide medical or physiotherapy services to people outside their own Teams. There is no need for a temporary license for the visiting Team Doctors and physiotherapists. Foreign Team Doctors may provide medical advice or contribute to discussions concerning patients from their own Teams, once the patients have been transported to the designated hospitals.

All European Athletics Member Federations are responsible for taking out an insurance policy that covers illness or injury to any members of their Delegation and Team travelling to and from Varaždin and during the event itself.

---

<sup>2</sup> Products and materials available in the medical center are listed in appendix 1.



#### **4. TECHNICAL DELEGATE AND PROCEDURES DURING COMPETITION**

Technical Delegate and the LOC chief medical doctor will be responsible for the review and approval of the Team Physicians' Medical Certificates / reports, notification of change for a Relay, any cancellation.

During the competition, if an Athlete has to be withdrawn from competition due to injury or illness, a certificate must be obtained from the Official Medical Service Centre and be presented to the TIC. Technical Delegate and the LOC chief medical doctor will attest these certificates.

#### **5. DISTRIBUTION OF ICE**

Free ice for physiotherapy use will be available at all three Medical Centers, as well as in all team accommodation sites upon request.

#### **6. DESIGNATED MEDICAL INSTITUTION**

General Hospital Varaždin will be designated medical institution for ECTH Varaždin 2019. The hospital will be prepared for an increase in patients and prompt treatment for all accredited persons during the event period. General Hospital Varaždin (Ivana Meštrovića 1, 42 000 Varaždin, 385 (42) 393 000, bolnica@obv.hr) is located 6 minutes drive from the main venue.

#### **7. IMPORT OF MEDICATION AND MEDICAL EQUIPMENT**

Athletes and medical staff may import any medication approved by the EU and EMA for personal use in Croatia. Substances not listed by the EU or EMA shall be declared and supported with additional documents.



## **DOPING CONTROL**

---

### **1. GENERAL INFORMATION**

Anti-doping will be conducted in accordance with IAAF Anti-Doping Rules and Regulations under the supervision of the European Athletics Doping Control Delegate and it will be conducted by National Anti-Doping Agency.

In-competition testing will take place at the Main Stadium. Three processing rooms will be provided in the doping control stations (DCS) in the Main Stadium. A security personnel will be available at the entrance of the DCS to ensure security and controlled access.

All testing (urine) will be conducted by suitable trained and accredited staff (Two females and one male DC officers and 12 chaperons).

LOC will provide 60 Berlinger kits for the sample collection. The SG of the samples will be measured by Refractometer

Athletes selected for Doping Control will be informed by a trained Chaperone. Notified Athletes will be required to sign a Doping Control Notification Form and may request to be accompanied by a Team Representative of their choice to the Doping Control Station (DCS). The Athletes are required to provide photographic identification (e.g. Passport or national identity card).

The selected Athlete should report immediately to the DCS unless there are valid reasons for delay. All selected Athletes will be accompanied by a trained Chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes are reminded that refusal to provide a sample may make them liable to disqualification and may result in further disciplinary action.

Athletes who are required to use a prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption (TUE) System prior to attending the Championships.

Samples will be stored in a fridge in the DCS and will be transported after the event by one of the doping control officer to the central lab in Zagreb where they will be stored at a secured place, and then will be sent to the assigned accredited laboratory in Siebersdorf/AUT.

IAAF Doping control forms (provided by European Athletics) will be used during testing.

Sealed water will be at the disposal of the athletes in the DCS.

Date and time for the pre-competition will be agreed with the Doping Control Delegate, but it could take place Friday, 9 August afternoon or Saturday, 10 August morning.



Due to custody problems occurred subsequently, the NADO will not register the DCFs in ADAMS, but together with the Doping Control Delegate will ensure that the electronic copies of the DCFs are supplied to European Athletics immediately after the end of the sample collections.

## **2. SELECTION OF ATHLETES**

The selection of Athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further Athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

All Athletes setting World or European Records must report immediately to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

## **3. ADDITIONAL CONTROLS**

Additional tests for National Records will be conducted at the request of the relevant Member Federation at the TIC. Costs related to the additional test (cost of analysis and sampling material) will be deducted by European Athletics from the Member Federation's financial support. European Athletics will provide a subvention (to cover the cost of the sampling material used) of 50 EUR / sample in case an additional tests is requested by the Member Federation.



## Appendix 1.

List of general medications for non emergency cases

Generic Name	Brand Name (if applicable)	Form	Strength
dexamethasonum, neomycinum, polymyxinum B	Maxitrol	Eye drops	
nafazolinchloride	Proculin	Eye drops	0.3mg/ml
Oxymetazoline	Operil	Nose drops	0.05%
fluticasone furoate	Avamyis	Nose spray	27.5 mcg
See water	Aqua maris	Nose spray	
Amoxicillin-clavulanate	Klavocin	tbl	1.0 g
azythromicin	Sumamed	tbl	500 mg
Cefuroxime	Novocef	tbl	500 mg
Ciprofloxacin	Ciprobay	tbl	500 mg
Salbutamol	Ventolin	inhaler	100 mcg
Esomeprazolom	Nexium	tbl	40 mg
Ranitidinum	Peptoran	tbl	150 mg
Lactobacillus acidophilus (LA-5) Bifidobacterium animalis subsp. lactis (BB-12)	Linex Forte	capsules	
loperamidum	Seldiar	capsules	2 mg
carbo activatus	carbomed	tbl	150 mg
tropsii chloridum	Spasmex	tbl	5 mg
tropsii chloridum	Spasmex	solution	0.2mg/5ml
acidum acetylsalicylicum	Aspirin	tbl	500 mg
paracetamolom	Lupocet	tbl	500mg
acidum acetylsalicylicum, acidum ascorbicum	Aspirin plus C	tbl	400mg/240mg
ketoprofenum	Ketonal	capsules	50 mg
ketoprofenum	Ketonal Duo	capsules	150 mg
ketoprofenum	ketonal	solution	100 mg
piroxicamum	Lubor	capsules	20 mg
ibuprofenum	Brufen	granules	600 mg
ibuprofenum	Brufen	capsules	200 mg
diclofenacum	Voltaren Forte	tbl	50 mg
diclofenacum	Voltaren rapid	tbl	50 mg
diclofenacum	Voltaren retard	tbl	100 mg
diclofenacum	Voltaren	solution	75mg/3ml



methylprednisolonum	Solu-Medrol	solution	40 mg
chloropyraminum	Synopen	solution	20mg/2 ml
adrenalin		solution	0.0025 mg/1 ml
desloratadine	Aerius	tbl	5 mg
zolpidemum	Sanval	tbl	5mg
alprazolamum	Xanax	tbl	0.25mg
diazepamum	Normabel	tbl	2 mg
diazepamum	Normabel	tbl	5mg
methylis nicotinas, hydroxyethylis salicylas, methylis salicylas, ethylis salicylas	Deep Heat	cream	
ibuprofenum, levomentholum	Deep relief	gel	
diclofenacum	Voltaren Emulgel	gel	

#### Emergency drugs available on site

- Atropine sulphate 1 mg pre-filled syringe, or 0.6 mg/ml.
- Adrenaline 1 mg/ml subcutaneously or intramuscular injection.
- Glucagon 1 mg and solvent, 1mg subcutaneous/intravenous/intramuscular
- Lignocaine 20 mg/ml, 20 mg vials
- Sodium bicarbonate 1 mg eq/kg bolus, 50 ml
- Naloxone hydrochloride 0.4 mg/1 ml, dose 0.4 - 2 mg
- Nitroglycerin spray
- Water for injections 10 × 10 ml
- Corticosteroids: dexamethasone shock pack 20 mg/ml, methylprednisolone 40 mg/ml
- Aminophylline 250 mg/10 ml
- Inhalers: salbutamol and steroid
- Diazepam 10 mg/2 ml
- Chlorpromazine/haloperidol
- Furosemide/bumetamide ampoules 20 mg/2 ml
- Dopamine 400 mg in 250 ml saline: 1 - 5 mg/kg/min
- Mannitol 10 mg vial
- Magnesium sulphate 1 mg/1 ml, dose 2 - 4 mg intravenous injection
- Aspirin 160 mg/300 mg chew tablets
- Beta-blocker: atenolol 5 mg slow intravenous injection
- Adenosine 0.1 mg/kg - 6 mg, then 12 mg intravenously
- Saline solutions
- 5% and 10% Glucose solution

**Appendix 2. – Evacuation plan**

