

ITRA's health policy

What is a “health policy”?

A “health policy” encompasses all the activities aiming to improve the prevention of medical risks for athletes as well as the protection of their health.

How do race organizers participate in the health policy?

Everyone is concerned when it comes to guaranteeing athletes' health, not only the State or the sport's governing body. Athletes themselves are also involved, as well as race organizers.

All the more, thanks to their control over race rules and regulations, race organizers have a key role because they have the legal ability to reinforce medical supervision of athletes participating in their event.

Thus, the will of race organizers is essential to ensure that a health policy is organized during an event.

How does ITRA participate in the health policy?

ITRA's goal is to promote trail-running and participate in its development as a fully-fledged sport. This includes promoting actions in favor of the prevention of health risks.

With this in mind, ITRA wishes to help race organizers, who are members of the association, to organize the health policy ITRA has designed during their event. This will foster uniform rules and regulations between different races on the topic of health of the participants as well as the sharing of information between race organizers.

How does Athletes For Transparency (AFT) support ITRA's health policy?

AFT is a non-profit that has been involved for the past ten years on the international scale with institutional actors; such as the World Anti-Doping Association (WADA), National Anti-Doping Organizations (NADOs), and International Federations (IFs).

AFT thus has a recognized expertise in the field of health and anti-doping. ITRA has turned to it to support the creation and development of a health policy that can be used by race organizers.

What is the link between a health policy and anti-doping?

A health policy has neither the ambition nor the necessary qualities to replace the existing anti-doping legislation.

Nevertheless, doping can lead to abnormal results in the analyses done by race organizers. This could result in the decision to refuse an athlete's participation in the race for medical reasons.

This refusal cannot establish a direct link with a possible procedure organized under the existing anti- doping legislation.

Is the organization of a health policy during an event allowed by the rules and regulations of national or international governing bodies?

Yes. The main international and national governing bodies have in their rules and regulations a “Medical” chapter relating to athlete’s health. This is, for example, the case of the IAAF (International Association of Athletics Federations).

Generally, these chapters allow event organizers, based on their agreement, consent, affiliation, authorization, accreditation or participation in activities or competitions with national and/or international governing bodies, to ensure that the participants have the required medical condition to participate in the event.

A health policy is a means to be sure of the medical condition of participants.

What does ITRA’s health policy require to be included by race organizers in the race rules and regulations?

ITRA encourages event organizers to include in the race rules and regulations the following statement:

PREVENTION ACTION CONCERNING HEALTH POLICY

The organisation has decided upon the implementation of an internal action concerning health. This action has neither the aim nor competence to substitute itself in the place of the current national and international regulations in the anti-doping fight but is intended to strengthen the medical supervision included in the safety-health-rescue plan put in place by the race organizer. This action is led by the organisation’s internal Medical Counsel, consisting of doctors, who can take advice from experts of its choice and who will be asked to express a consultative opinion to the race Jury on the medical state of the participants.

Each runner agrees:

- To inform the Organisation’s medical counsel in the case of the use of a prescription subject to a Therapeutic Use Exemption (TUE). In this regard, one can find a procedure to follow in the health space, available free of charge to all runners, on the International Trail-Running Association's (ITRA) website: www.i-tra.org. This information is to be declared upon the day of registration in the case of a TUE already requested or previously obtained. If not, it must be made by the 8th day following the request for a TUE and imperatively before the start of the race. In the event of an emergency treatment during the race, the runner is required to ask the doctor for a TUE. The latter will then add it to the runner's ITRA health space.
- To give any urinary and/or blood, and/or capillary samples and associated tests requested by the Organisation’s Medical Counsel, with the understanding that expenses incurred for the collection of these samples and the associated analyses are the direct responsibility of the Organisation.
- To answer to any summons which the Medical Counsel issues on the basis of the information which has been collected from them by the Medical Counsel, so as to decide upon their capacity, or not, to participate in the race for which they are registered. At the conclusion of the interview, the Medical Counsel can propose to

the Race Jury, that the runner is excluded from the race.

What are the implications of ITRA's health policy before the event?

AFT has developed for ITRA an online platform called SHOL (Sport and Health On-Line) that allows:

- Participants to submit different medical data about themselves (health certificates, TUE declarations, medical history, current treatments...)
- Event organizers, via their Medical Council, to study the submitted data and then to complete the medical profile of individuals with the onsite collections and analyses.

What are the implications of ITRA's health policy during the event?

Collaborating with the race organizer, ITRA sets up the biomedical analyses (blood and/or urinary and/or capillary) before the start of the race, generally during race bib retrievals. These analyses are most often aimed at “elite” athletes, even if they can potentially concern all participants. If there is abnormal result or on the basis of the data submitted by the participant, a procedure exists which can lead to informing the runner or, eventually, the declaration by the race Jury that he/she cannot participate in the race for medical reasons.

What are the advantages of creating a uniform ITRA health policy on different events and of centralizing the data on SHOL?

Participants have a single location to submit and keep up to date their personal medical data through the SHOL platform. Then, as they participate in more and more events, they will be able to complete this profile allowing the Medical Council to have a more thorough and accurate vision.

What does an organizer need to do to set a health policy up?

The organizer must be an ITRA member

The organizer must make a demand to the ITRA by email to contact@itra.run

The ITRA sends a questionnaire to the organizer

When the questionnaire is sent back the ITRA proposes a convention with a quote If the organizer accepts:

- Insertion of the articles “health policy” in the race rules
- Inscription to the SHOL platform for all the runners

A coordinator is named by the ITRA for setting up and the coordination during the event.

The non-profit association “Athletes For Transparency” (AFT)

For more information about the association Athletes For Transparency (AFT), visit: <http://http://www.athletesfortransparency.org/>