



**GUIDANCE NOTES FOR THE COMPLETION OF THE SU-DS  
REGISTRATION FORMS**

**JANUARY 2018**



## THE REGISTRATION OF ATHLETES WITH DOWN SYNDROME

These notes are intended to help you complete the Athlete Registration Form.

The first section is for all athletes. The second section is for the specialist pages for swimming and for gymnastics. So, first make sure you have the correct Form for your sport.

### Page 1

This the cover – check that you are using the correct form

### Page 2

This page is to collect the personal information about the athlete. This is confidential and is protected by the UK Data Protection Act.

You will see at the bottom of the form there is a Registration Fee to be paid to SU-DS. This is a once only payment for the Initial Registration. Payment can be made via the PayPal tab on [www.SU-DS.org](http://www.SU-DS.org)

NOTE: Payments are now in US\$

Note also the important Guidelines for Team Managers at the bottom of this page.

### Page 3

Please read the information in the Red Box very carefully. The establishing of Down syndrome either as Trisomy 21 or Mosaic is important.

The second box requires agreement for participation in sport and for a blood test for cytogenetic analysis and then for giving a sample for Drug Testing. For more information about Drug Testing please see the statement on Page 7.

Finally, there is a statement to be agreed to that will allow SU-DS to share important information about an athlete. This information will be treated with confidence of course.

### Pages 4, 5 and 6

These pages require the involvement of a Medical Practitioner. This may be your family doctor or it may be specialist doctor at a hospital who knows the athlete.

NOTE; It is very important that a copy of the document used as evidence of Down syndrome – the blood test for cytogenetic analysis is attached to the form.

Please ensure all the details are completed and the appropriate stamps are added to confirm authenticity.

### AAI

The next page gives some additional advice about the importance of the athlete being clear of Atlanto Axial Instability – AAI. Such clearance is important for some sports.

### **Page 5 of the Registration Form – additional Information - AAI**

Participation in some sports by people with Down Syndrome is permitted subject to the following provisos:

- Parent' / Guardian consent is obtained. (for under 18's)
- That neck flexion to allow the chin to rest on the chest is possible.
- That the person has good head/neck muscular control.

**Screening must be undertaken by a qualified medical practitioner.** Those who are eligible to undertake the necessary tests include General Practitioners; Orthopaedic or Paediatric Consultants; School Medical Officers / Medical Doctors; Physiotherapists.

#### **Information**

##### **Neck flexion to allow the chin to rest on the chest.**

i.e. The person should be able to bend their head forwards sufficiently so that the chin rests on their chest.

##### **That the person has good head / neck muscular control.**

This can be tested – the person lies on their back with their legs straight, they are pulled to sitting by their hands with the examiner pulling from the front. The person's head should not flip backwards as they are pulled up but should come forwards with the rest of their body.

### **Page 7 of the Swimming Form – additional Information**

#### **DSISO DIVE START GUIDELINES**

##### **Minimum Performance Requirements**

These guidelines have been drawn from Fina guidelines regarding Dive Start requirements. Assessment and validation is to be made by a qualified swimming coach or swimming trainer.

**Note:** The Dive Start (Side) is also required for Synchronized Swimmers.



### **Dive Start Test (Side)**

The depth of water is to be a minimum of 0.9m and a maximum of 1.5m with a freeboard of 0.38m

The swimmer is required to demonstrate that he/she is capable of performing the following activities from the Poolside under normal starting conditions in a proficient and safe manner.

1. Perform a shallow dive followed by a glide of at least 5m.
2. Perform a shallow dive followed by a front crawl leg kick to surface.
3. Perform a shallow dive followed by a dolphin leg kick to surface.
4. Perform a shallow dive followed by one breast stroke arm pull and leg kick to surface.
5. Perform a track, grab or wind-up start followed by a glide for 5m.

### **Dive Start Test (Block)**

This additional assessment is to ensure that the swimmer has confidence in the use of the Block in achieving a dive start.

The depth of the water is to be as minimum of 1.35m and a maximum of 2.0m, the height of the Block is to be a minimum of 0.5m and a maximum of 0.75 above the water surface.

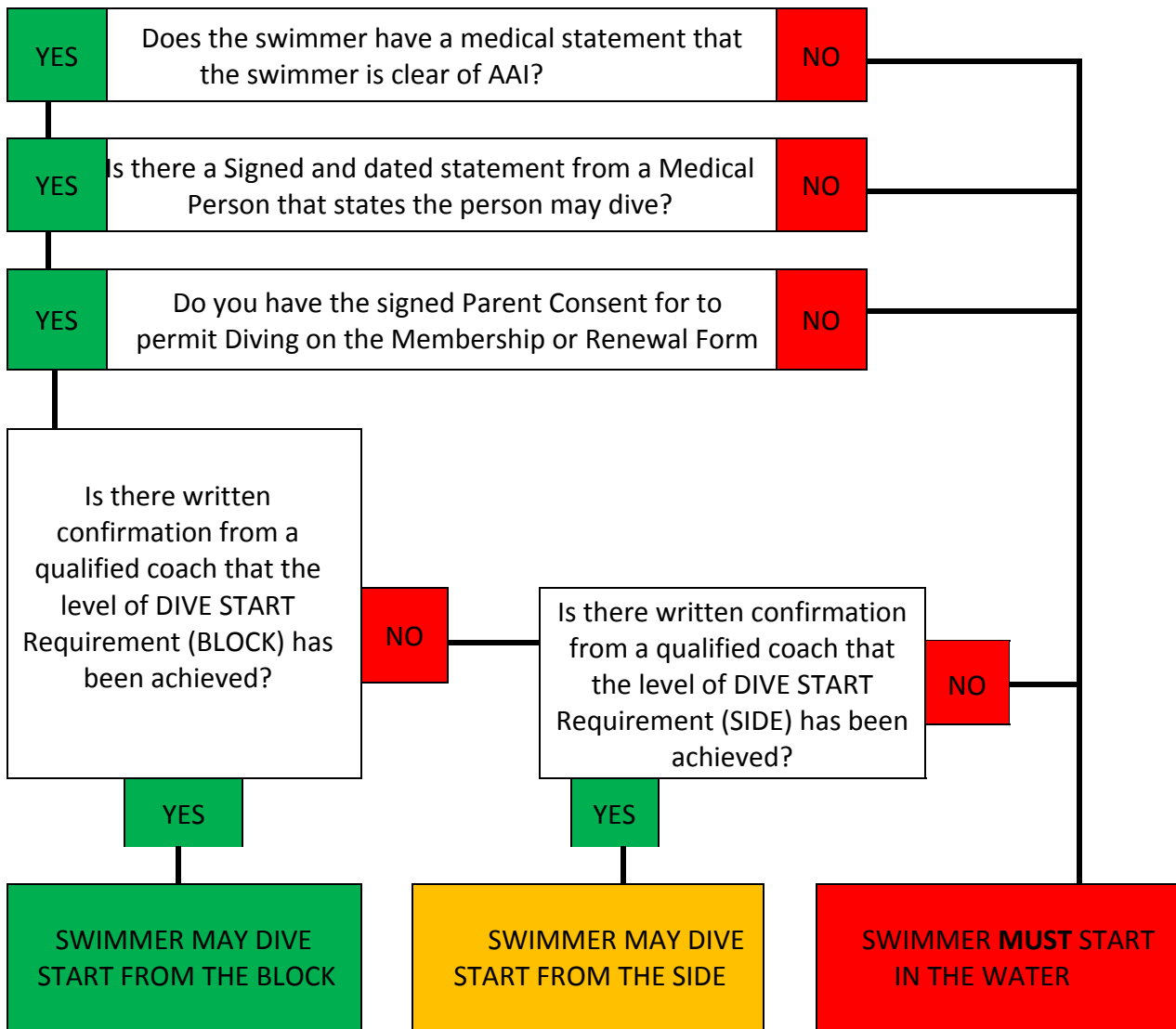
In addition to the requirements of the Dive Start (Side), the swimmer is required to demonstrate that he/she is capable of performing the following activities from the Block under normal starting conditions in a safe and proficient manner.

6. Perform a shallow dive followed by a glide of at least 5m.
7. Perform a track, grab or wind-up start followed by a glide for 5m.
8. Perform a dive start followed by a front crawl leg kick to surface.
9. Perform a dive start followed by one breast stroke arm pull and leg kick to surface.

**PERMISSION TO DIVE START – DSISO RULES**

The following flow chart, together with the associated forms and guidance on ability are to be used by ALL swimmers wishing to dive start at DSISO promoted Championships and events.

Failure to provide any of the required documentation, in English, WILL result in the swimmer being required to start in the water.



Swimmers must also provide medical evidence of AAI status.  
 Note that any swimmer without AAI clearance or who is diagnosed with Symptomatic AAI will NOT be permitted to start.

**Page 7 of the Gymnastics Form – additional Information**



**EXEMPTIONS**

Certain physiological conditions may prevent a gymnast from performing some moves correctly in accordance with FIG Rules.

We do not want to exclude any gymnast because they have a functional disability. This form is therefore essential for these gymnasts. Once completed the DSIGO medical officer will review the evidence and make a decision for the exemptions.

NOTE: These Exceptions will be subject to review by the DSIGO Medical and Technical Director during competition.

It is very important that information contained in the Exemption Form is kept up-to-date, therefore, this Form must be submitted not less than every two (2) years for a review of the conditions.

Please ensure that the form is completed fully by the Medical Practitioner and that all appropriate documentation is firmly attached before it is sent to SU-DS.

**NOTE:** It is the responsibility of the Gymnast (or Parent/guardian) to ensure that this information is reviewed every two years and the Review sent to SU-DS for dissemination to DSIGO. If no Review is submitted it will be assumed that the Exemptions are no longer necessary

FINALLY. You are strongly advised to keep copies of all evidence you submit.



## WADA (Doping Control)

In November 2017, WADA's Executive Committee has adopted a new policy related to the organizations wishing to become signatories to World Anti-Doping Code (the Code).

Based on this new policy, any International Federation wishing to become a Code signatory has to proceed by first filing an application for membership with the Global Association of International Sports Federations (GAISF).

GAISF's Membership Commission will then accompany and timely review the fulfillment by that organization of the eligibility criteria to become a member of GAISF. Within the anti-doping framework, this Commission will assist the organization to set up rules and policies that comply with the Code.

As soon as the GAISF's Membership Commission considers that the applicant has the necessary anti-doping rules and processes in place, it will inform WADA and, together with the applicant, submit all necessary information and documentation required by WADA to review whether the organization fulfills the condition to become a Code Signatory.

Whilst we are waiting for WADA SUDS will be investigating the possibility of introducing an interim Doping control process. This will be based on a simple Urine test. However, there are more details yet to be worked out. We will update you as we progress.

## GDPR

To comply with the recent GDPR (General Data Protection Regulations. SUDS gives notice that in future:

- All notices will be circulated with the recipients as BC (Blind Copy)
- The Database will be removed from public circulation
- The following information applies.
  - As Registered athletes with SUDS your records are kept electronically.
  - You can access this information to request SUDS to correct or update information.
  - SUDS does not release your information to anyone involved in direct marketing.
  - SUDS will only share the status of your Registration, which includes:
    - Your date of birth,
    - Your Dive status (where appropriate)
    - Your AAI status (where appropriate)
    - Your Down syndrome status (T21 or Mosaic).
    - Any information about your medication where it may be necessary for your health.
  - This information is only shared with event organisers and only where necessary for the sport.
  - Personal information such as your medical information and your address is never shared outside that of the SUDS Executive Board and then only to confirm your Down syndrome status.
  - Please contact the CEO if you have any concerns. [CEO@Su-DS.org](mailto:CEO@Su-DS.org)