

# Policy for Physical Health Examination for Participation in Extreme Sports

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## 1. Purpose

This policy is to explain how Trinity Medical Centre staff will respond to patients for specialised high-risk activity and participating in extreme sports. General Practitioners (GPs) are not considered sufficiently specialised to conduct these assessments.

## 2. Scope

This policy applies to all patients seeking to participate in extreme sports, including competitions, training, or guided recreational activities and requesting a GP provides medical information in respect of this.

## 3. Rationale

Extreme sports pose higher-than-average physical risks, including trauma, hypoxia, high-altitude exposure, and extreme cardiovascular strain. Evaluation by a qualified specialist is required to ensure that participants are medically fit for the specific demands of the sport.

## 4. List of Recognised Extreme Sports (but not limited to)

### **Air-based:**

- Skydiving / parachuting
- BASE jumping
- Wingsuit flying
- Paragliding
- Hang gliding
- Aerobatic flying
- Ultralight aviation
- Powered paragliding
- Speed flying

### **Water-based:**

- Scuba diving (especially deep/technical/cave diving)
- Free diving
- Ice water swimming/activities

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- Whitewater kayaking / rafting (Class IV or above)
- Jet skiing (competitive or high-speed)
- Big wave surfing
- Kite surfing
- Wakeboarding (extreme/competitive)
- Cliff diving

#### **Land-based:**

- Rock climbing (outdoor, high-altitude, free soloing)
- Mountaineering / high-altitude trekking (>3,000m)
- Bouldering (extreme/competitive)
- Caving / spelunking (technical)
- Parkour / free running
- Downhill mountain biking
- BMX freestyle
- Motocross / dirt biking
- Rally driving
- Skateboarding (competitive/half-pipe/mega ramp)
- Snowboarding (backcountry, freestyle, big air)
- Skiing (freestyle, off-piste, alpine racing)
- Ice climbing

#### **Mixed environment / high risk:**

- Adventure racing / endurance ultra-marathons
- Obstacle course races (e.g., Spartan, Tough Mudder)
- Combat sports (e.g., MMA, bare-knuckle boxing)
- Bull riding / rodeo
- Highlining / slacklining (at height)

## **5. Private Work Disclaimer**

Trinity Medical Centre will not accept or undertake any private work relating to the extreme sports listed in this policy. These activities fall outside the scope of NHS work, and the practice cannot recommend or endorse any private provider to carry out such evaluations.

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