



# HEALTH MANAGEMENT PLAN PROGRAMME

---

## Medical Controls for Referees and Candidates



The FIVB believes that Referees and Referees Candidates health is very important therefore in accordance with the Medical and Anti-Doping Regulations – Chapter C, the FIVB-accredited referees with conditions that are incompatible with refereeing in FIVB competitions must develop a **Health Management Plan (HMP)** in consultation with his/her personal physician, to be submitted to the Medical Commission for approval.

Follow-up reports from the personal physician documenting adequate progress according to the plan must be submitted at regular intervals to remain on or re-enter the list of active Referee International, FIVB referees and Referees Candidates.

**FEDERATION INTERNATIONALE DE VOLLEYBALL**

FIVB Medical Department

Email : [medical@fivb.org](mailto:medical@fivb.org)

## Questions & Answers

### **What is the HMP programme?**

The Health Management Plan (HMP) programme is a plan which must include specific goals to be met according to a time schedule created by personal physician in order to reduce weight or a specific measure like high blood pressure.

Some examples of HMP:

- a diet
- an exercise programme and/or a diet
- special treatment, etc.

### **Where referees and referees candidates can get a HMP?**

By their Personal physician, Athletic trainer and/or Nutritionist.

### **When referees and referees candidates need to send a HMP?**

Referees and referees candidates need to send a HMP when their conditions are incompatible with refereeing such as: the abdominal circumference outside the standard measure, high BMI and/or irregular blood pressure.

The FIVB Medical Department will review the Health Certificates for Referees Forms (M-4) and the Medical Certificate for Referees Candidates (C-BVB5 CR-5) uploaded on the VIS-system and/or the Referees Health Controls Forms (M-6) referees controls taken on site before competitions.

Depending on these results, referees and referees candidates will receive or not an email from the FIVB Medical Department asking them to provide a HMP.

### **Why the FIVB asks to provide a HMP?**

The FIVB asks to provide a HMP in order to help the referees and referees candidates to get the acceptable health conditions or measures (established by the health standards of the World Health Organisation - WHO).

### **What are the acceptable conditions or measures?**

The acceptable conditions or measures are:

1. BMI < 30
2. Abdominal circumference for male < 102cm  
Abdominal circumference for female < 88cm
3. Regular Blood pressure < 140/90

To facilitate recording such measures and target goals, three Forms are available as examples:

- HMP Target Form
- HMP Follow-up Form
- HMP Blood Pressure Form

# 1. BMI

## What means BMI?

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.



## How is BMI used?

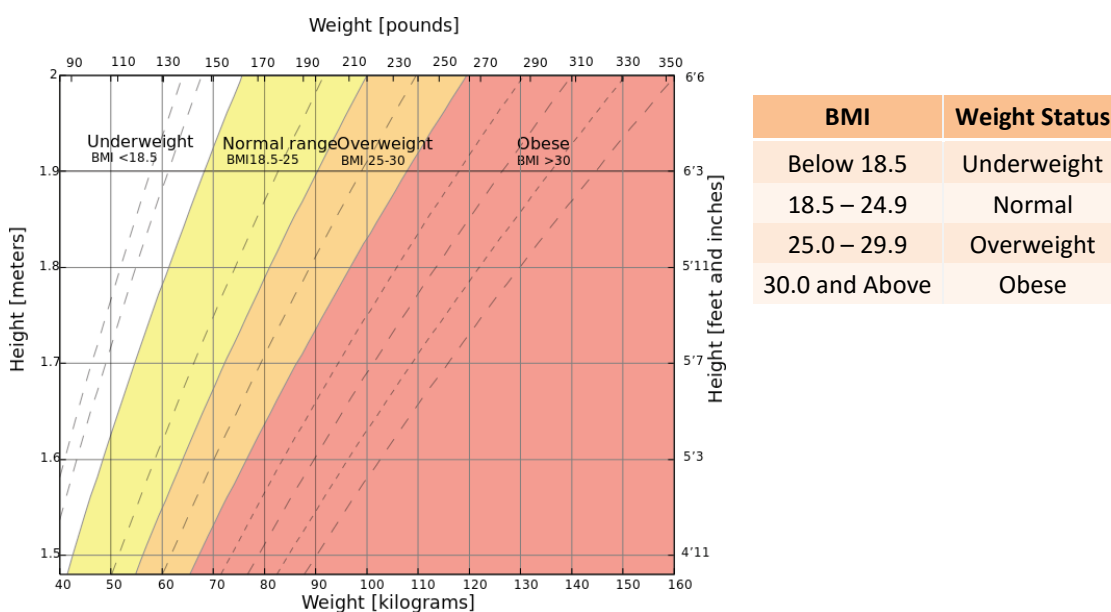
BMI is used as a screening tool to identify possible weight problems for adults.

## Why FIVB uses BMI to measure overweight and obesity?

Calculating BMI is one of the methods for population assessment of overweight and obesity. Because calculation requires only height and weight, it is inexpensive and easy to use for clinicians and for the general public.

## How is BMI calculated and interpreted?

$$\text{BMI} = \frac{\text{weight (lb)} * 703}{\text{height}^2 (\text{in}^2)} \quad \text{OR} \quad \frac{\text{weight (kg)}}{\text{height}^2 (\text{m}^2)}$$



Interpretation of BMI for adults

## 2. Abdominal Circumference

### What means abdominal (or waist) circumference?

Circumference is the perimeter of, or the distance around a circle. So the abdominal or waist circumference measure is the distance around the waist as defined below in details.



### Why is abdominal circumference measured?

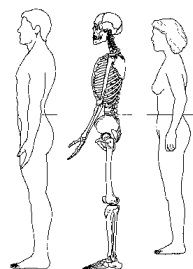
The abdominal circumference is one of the most practical tools to assess abdominal fat for chronic disease risk and during weight loss treatment. A high waist circumference or a greater level of abdominal fat is associated with an increased risk for type 2 diabetes, high cholesterol, high blood pressure and heart disease.

### How is abdominal circumference measured?

To measure abdominal circumference locate the top of the hip bone. Place the tape measure evenly around the bare abdomen at the level of this bone. Read the tape measure and record the waist circumference in inches or centimeter.

Tips for accurately measuring waist circumference:

- Ensure that the tape is snug but does not push tightly into the skin.
- Measure waist circumference after breathing out normally; do not “suck in” the stomach.



Measuring-Tape position for abdominal (or waist) circumference in adults:

	Excellent	Decent	Too high
Women	under 80 cm (31.5 inches)	80 - 88 cm (31.5 - 35 inches)	over 88 cm (35 inches)
Men	under 94 cm (37 inches)	94 - 102 cm (37 - 40 inches)	over 102 cm (40 inches)

### 3. Blood Pressure

#### What means blood pressure?

When your heart beats, it pumps blood round your body to give it the energy and oxygen it needs. As the blood moves, it pushes against the sides of the blood vessels. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your arteries (and your heart) and this may lead to heart attacks and strokes.



Regular pressure means, below:

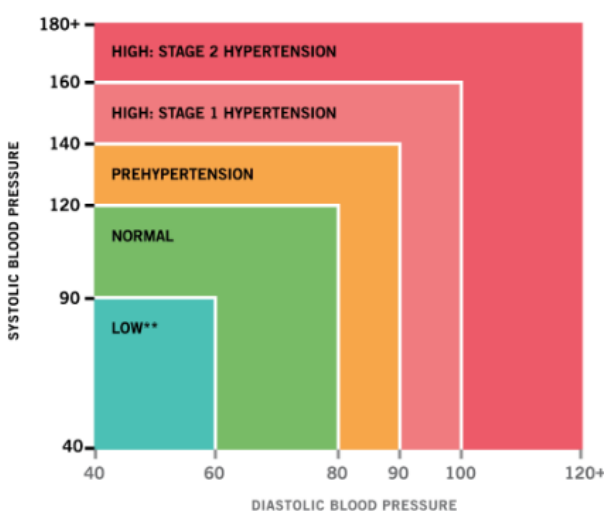
**140 mm Hg**  
**90**

read as "140 over 90 millimeters of mercury"

*Systolic: The top number, which is also the higher of the two numbers, measures the pressure in the arteries when the heart beats (when the heart muscle contracts).*

*Diastolic: The bottom number, which is also the lower of the two numbers, measures the pressure in the arteries between heartbeats (when the heart muscle is resting between beats and refilling with blood).*

#### What do blood pressure readings mean?



Systolic (mm Hg)		Diastolic (mm Hg)	Blood Pressure Category	What to do?
Below 120	and	Below 80	Normal	Maintain or adopt a healthy lifestyle.
120-139	or	80-89	Prehypertension	Maintain or adopt a healthy lifestyle.
140-159	or	90-99	High Blood Pressure (Hypertension) Stage 1	Maintain or adopt a healthy lifestyle. If blood pressure goal isn't reached in about six months, talk to your doctor about taking one or more medications.
160 or more	or	100 or more	High Blood Pressure (Hypertension) Stage 2	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

Blood pressure chart by the Clinic Mayo

## Follow-up

What referees and referees candidates need to do if:

**1. Abdominal circumference > 102 cm for male or > 88 cm for female**



**2. BMI > 30**

- In both situations (Abdominal circumference and BMI) referees and referees candidates should send a HMP created by a personal physician.
- In addition, referees and referees candidates should send their progresses by email to the FIVB Medical Department ([medical@fivb.org](mailto:medical@fivb.org)) each month, until they reach the adequate conditions or measures.

**3. High Blood pressure**



- In this particular situation, referees and referees candidates need to measure their blood pressure with their Doctor during 4 weeks as follows:
  - 2 weeks, 3 times a day and
  - 2 more weeks, once a day (in the morning only).

### **Why referees and referees candidates need to provide a follow-up?**

Referees and referees candidates should send their current measures each month by email to the FIVB Medical Department so progresses can be compared with target goals.

### **Until when r referees and referees candidates should send their progresses?**

Until referees and referees candidates reach the adequate conditions or measures.

### **What should referees and referees candidates do when they reach the acceptable conditions or measures?**

Referees and referees candidates should send to the FIVB Medical Department a new M-4 signed by their Doctor and also upload it in the VIS-system. After that, the Medical Commission review their file and decide if they can be removed or not from the programme.

### **More questions?**

For any other questions please contact: [medical@fivb.org](mailto:medical@fivb.org)

## HMP Forms

**Health Management Plan programme**

**Target and Goals**

REFEREE NAME: First Name  Last Name

NATIONAL FEDERATION:  GENDER: M  F

TARGET / GOALS		1st month	2nd month	3rd month	4th month	5th month	6th month	7th month	8th month	...	...	...	...	Target
		November	December	January	February	March	April	May	June	to be continued...				
Measures	Weight													
	BMI													< 30
	Abd. circumference male													< 102
	Abd. circumference female													< 88

DOCTOR NAME: First Name  Last Name

DOCTOR SIGNATURE AND STAMP

DATE:  /  /

Day                      Month                      Year

**Health Management Plan programme**

**Monthly follow-up**

REFEREE NAME:

FOLLOW-UP		November		December		January		February		March		April		May		June		Target		
		Target	Current	Target	Current	Target	Current	Target	Current	Target	Current	Target	Current	Target	Current	Target	Current	Target	Current	
Measures	Weight																			
	BMI																			< 30    < 30
	Abd. circumference male																			< 102 cm    < 102 cm
	Abd. circumference female																			< 88cm    < 88 cm

adequate measures

YEAR:

\* Please, inform us every month of your follow-up by email to [medical@fivb.org](mailto:medical@fivb.org) and when you reach the **adequate measures**, upload a new M-4 in the VIS-system in order for us to remove you from the HMP programme.

## Health Management Plan programme

### Blood Pressure measures

REFeree NAME: First Name Last Name

--	--

Referees need to measure their blood pressure with their Doctor during 4 weeks as follows:

- 2 weeks: 3 times a day
- 2 weeks: Once a day (in the morning only)

Day	Week	Day <i>(example)</i>	Date <i>(example)</i>	Blood Pressure					
				Morning		Afternoon		Evening	
				mm/Hg		mm/Hg		mm/Hg	
1	1	Monday	31.10.2016						
2		Tuesday	01.11.2016						
3		Wednesday	02.11.2016						
4		Thursday	03.11.2016						
5		Friday	04.11.2016						
6		Saturday	05.11.2016						
7		Sunday	06.11.2016						
8	2	Monday	07.11.2016						
9		Tuesday	08.11.2016						
10		Wednesday	09.11.2016						
11		to be continued	to be continued						
12									
13									
14									
15	3								
16									
17									
18									
19									
20									
21									
22	4								
23									
24									
25									
26									
27									
28									

DOCTOR NAME: First Name Last Name

--	--

--

DATE

Day	Month	Year

DOCTOR SIGNATURE AND STAMP



# MEDICAL REGULATIONS

## C. Medical Controls for Referees

Illnesses that are incompatible with referring FIVB competitions

1. Respiratory ailments
  - Acute or chronic infectious pneumopathy
  - Chronic respiratory insufficiency
2. Cardiovascular disease
  - Complicated systemic hypertension
  - Recent myocardial infarction or ischemic cardiomyopathy
  - Acute or chronic cardiac insufficiency
3. Diseases of the digestive system
  - Acute bleeding gastroduodenal ulcer
  - Haemorrhagic rectocolitis
4. Diseases of the nervous system
  - Untreated epilepsy
  - Untreated psychiatric problems
  - Acute or chronic alcoholism
  - Stroke
5. ENT disease
  - Significant hearing loss
  - Vertiginous syndromes
6. Ophthalmologic disease
  - Visual acuity on either eye of >0.80 with correction
  - Uncorrected strabismus
  - No visual field deficit
  - Untreated glaucoma
  - Other acute or chronic visual disturbances or conditions as identified by the specialist
7. Metabolic disease
  - Diabetes with degenerative complications
  - Untreated metabolic disease
  - Body mass index >30 or abdominal circumference of >102 cm for males and >88 cm for females
8. Pregnancy
  - From 6 months after gestation