IDA-TALLINNA KESKHAIGLA

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Health checks for young athletes

The young athlete health check provides an overview of the health status and physical capacity of the young athlete.

The main goals are to find out contraindications and partial restrictions for sports and to identify health risks.

Young athletes up to **19 years of age (inclusive) are welcome to the health check who, in addition to physical education classes at school, regularly participate in training sessions at a sports club, sports school or the regular school for at least 6 hours a week (1 training session = 45 minutes).**

The young athlete will undergo health examinations according to their weekly academic training load. Physical education classes at the general education school are not included in the training.

The studies are divided into A, B and C complex studies, respectively:

Training load	Volume of examinations/tests	Frequency	Performed by
6-9 academic hours per week, including competitions	A, additional studies for medical indications	every 2 years	specialist
10 or more academic hours per week, including competitions	B and C, additional studies for medical indications	once a year	specialist

Complex examination A – a complex of basic examinations, which includes a resting 12-lead ECG with computer analysis, spirography and a primary appointment with a specialist (filling in a questionnaire, medical examination, summary of health examination, issuance of a certificate).

Complex examination B – a complex of examinations, which includes a resting 12-lead ECG with computer analysis, 12-lead ECG stress test on a bicycle ergometer or exercise track, spirography and a primary appointment with a specialist (filling in a questionnaire, medical examination, summary of health examination, issuing a certificate).

Complex examination C – a complex of examinations, which includes a resting 12-lead ECG with computer analysis, 12-lead ECG stress test on a bicycle ergometer or exercise track, complex oxygen consumption test, spirography and a primary appointment with a specialist (filling in a questionnaire, medical examination, summary of health examination, issuing a certificate).

Before the examination:

- At least 2 weeks should have passed after an acute illness when you come for the examination.
- Before the examination, we ask you not to eat for 2-3 hours.
- Bring light sports clothes, shoes, showering products and a towel.
- There is no need for a referral to book an appointment for the examination.
- The examination is **free** of charge and is financed by the Estonian Health Insurance Fund.
- Before coming to the examination, please fill in the sports medical health examination questionnaire and bring it with you to the examination. The questionnaire is also available in Russian.
- If the young athlete has been examined before, please also bring the protocol of the previous examination with you.

You can get information about the examination and registration by calling by phone606 7878 Mon-Fri

Health examinations of young athletes are carried out in the X-corpus of the Magdalena Unit of our hospital. Address: Asula põik 5 (in the Magdalena courtyard).

Important! Before coming to the examination, please fill in the sports medicalhealth examination questionnaire and bring it with you to the examination. The questionnaire is also available in Russian.