

FSRA 2022-2023 Lightweight Health Protocol

This form must be completed by a licensed physician, physician assistant, nurse practitioner, or state certified athletic trainer. All potential lightweight rowers will need to be tested and certified between October 1st, 2022, and March 1st, 2023, to row as a lightweight at a 2023 FSRA Championship regatta.

NOTE: the FSRA protocol is separate from and not part of the SRAA protocol, which is a separate process.

Date of Test: _____ * must be within the current school year

Athlete's Rowing Team: _____

Athlete's Name: _____

Athlete's Date of Birth: _____ Athlete's Gender: Female Male

Athlete's Height: _____ Athlete's Weight (pounds) : _____

Athlete's Percent Body Fat (BFP) : _____ Athlete Hydrated? Yes No

Certifying Personnel (Contact Information)

I certify that the information entered is correct and that I am a licensed physician, physician assistant, nurse practitioner, or state certified athletic trainer. Note: you may be contacted Brice Crossley, FSRA Regatta Director, to verify this entry.

Certifying Profession (select one of the following)

Physician Physician Assistant Nurse Practitioner State Certified Athletic Trainer

Name of Certifying: _____

Licensing Board: _____

Business Email: _____

Business Telephone Number: _____

Lightweight Eligibility

FEMALE athletes: Is the athlete safely able to attain and compete at a weight of **no more than 130 lbs** AND be at or above 12% body fat on April 9, 2023?

MALE Athletes: Is the athlete safely able to attain and compete at a weight of **no more than 150 lbs** AND be at or above 7% body fat on April 9, 2023?

Is this Lightweight Athlete eligible based on the criteria above? Yes No

Certifying Signature: _____ Date: _____