

F. No. 0(105)/SAI/TOPS/Central Athlete

11<sup>th</sup> June 2021

Circular

**Subject: Central Athletes Injury Management System (CAIMS).**

The undersigned is directed to convey the approval of Competent Authority for the creation of Central Athlete Injury Management System (CAIMS) for streamlining the sports medicine and rehabilitation support offered to the athletes targeting Olympic Games 2024 and beyond. The mandate for such a system includes prevention, diagnosis, treatment, and rehabilitation afforded to the athletes in a timely manner and maintenance of records for mapping the injury history of an athlete. In addition, sensitization programs and knowledge management will be taken up to make the system more robust and efficient besides setting up of standard protocols.

2. The Target Olympic Podium Scheme (TOPS) is a flagship program of the Ministry of Youth Affairs and Sports under which assistance to India's top athletes is provided. National Sports Development Funds (NSDF) provides required funds to prepare athletes selected under TOPS. The idea of the Scheme is to also keep an eye on the future and fund a Developmental Group of Athletes who are medal prospects for the Olympic Games in Paris in 2024 and the Los Angeles Games in 2028 as well. The TOPS program is currently handled by the TOPS Division under Sports Authority of India.

3. It may be noted that the services of CAIMS will be offered for athletes selected in the Core and Development Group of the TOPS program, currently training at the respective centres. Subsequently, the same facilities will be extended to National Campers, Khelo India Athletes, etc.

4. The CAIMS will be a referral-based injury and illness management system catering to the athletes under the TOPS program training at various locations. The system shall comprise pre-induction/participation screening, gradation, and classification of injuries as per the universally accepted system of International Olympic Committee, injury assessment and strong referral & follow-up system.

5. For the smooth functioning of the Central Athlete Injury Management System (CAIMS), following structure is being created.

i. **Athlete Wellness Cell (AWC)**

"Athlete Wellness Cell" has been set up under the Target Olympic Podium Scheme (TOPS) division, which will be responsible for implementing an injury management system with the following objectives:

- (a) Athlete gets access to the best rehabilitation facilities, sports science evaluation, wherein the geographical and administrative barriers are reduced.
- (b) Round the year education & up-gradation of knowledge of athletes, coaches and support staff through various programs.

- (c) Set up standard protocols for periodic assessments in order to prevent injury or early detection of injury.

This cell includes a Doctor/Physician, a Physiotherapist along with professionals from the TOPS team. The key roles and responsibilities of AWC are as follows;

- The Cell is responsible for providing administrative support to various committees and ensure coordination with the various stakeholders as per the communication, diagnosis and documentation protocols set up for the cell.
- On receiving communication from an athlete regarding injury, the cell will ensure complete coordination and ensure timely treatment.
- To maintain data repository & feedback mechanism.
- To run athlete education program as mandated.
- The Cell will co-ordinate with all the designated centers to conduct a “pre-induction/participation screening” of athletes as per requirement.
- Keeping track of pending “Return to play advice”.

ii. **On-field Sports Medicine Experts**

The designated Physiotherapists & Doctors will be the On-Field Sports Medicine Experts (part of CAIMS) who will assess, advice the athlete for investigations / management and also advice the athlete on referral to expert (in consultation with the respective stakeholders associated with the athlete). The key roles and responsibilities of On-field Doctors or Sports Medicine Experts are as follows;

- On Field Sports Medicine Experts will serve as the **first respondent** in case of any injury/illness requiring immediate attention.
- To undertake the preliminary diagnosis, assessment or investigation of an athlete in case of an injury or illness and ensure that it is communicated to Athletes Wellness Cell (AWC).
- Depending on the severity of the case, the aggrieved athlete will be treated at the centre or referred to an expert or to local empanelled medical centre.
- To monitor the outcome of the treatment along with fixation of goals for Return to Play (RTP), and to escalate to AWS whenever deemed necessary.
- The designated expert will maintain the record on the Athlete Management System. The consent of the athlete shall be obtained and secrecy of the data will be maintained.
- To ensure pre-induction/participation screening of athletes and follow-up.

**Referral System:** In cases, the On-Field team of experts feels necessary, the case will be referred to National Resource Referral Team. The referral time limit is within **24 hours** based on the degree of injury/illness.

Referred from	Referred to	Action Taken by	Time limit
On-Field team of experts	National Resource Referral Team	Athlete Wellness Cell	24 Hours (1 day)



iii. **National Resource Referral Teams (NRRT)**

It consists of senior and experienced Orthopedic Surgeons & Sports Physicians who will oversee the activities of the On-Field Sports Medicine Experts and provide opinion in cases referred by On-Field Sports Medicine Experts. The National Resource Referral Team has been entrusted with the following responsibilities:

- a. The team will provide opinion in cases referred/ second opinion required by On-Field Sports Medicine Experts for deciding further course of action.
- b. The team will extend their advice through telemedicine or in physical attendance and will be referring the cases to empanelled hospital and diagnostic facilities for management if required.
- c. Address to the queries escalated by the On-Field Sports Medicine Doctors regarding the outcome of pre-induction/participation Screening.
- d. To escalate appropriate cases to Central Core Team.

iv. **Central Core Team (CCT)**

It consists of a high-level Core Team of Experts for immediate action and referral co-ordination of an injured / ill athlete in any of the designated training centers/academies across India. This Core Committee will serve as the apex body at Central Athlete Injury Management System for Medical & Scientific advice required from time to time on the cases referred to them for opinion by the respective centers by the NRRT expert.

The key roles and responsibilities of CCT are as follows;

- a. The Central Core Team will oversee the injury and illness management through its National Resource Referral Team (NRRT) of experts and On Field Sports Medicine Experts.
- b. To lay down the broad injury management protocols including pre-induction /participation screening, injury prevention/early detection etc. for various disciplines and review them from time to time.
- c. The team shall advise on various experts to be inducted to be taken in NRRT.
- d. The team will advise TOPS on module for the sensitivity workshops for athletes.

6. The response system to the athlete's injury and treatment thereof along with the flow of referral system between the On-Field Sports Medicine Experts, NRRT & CCT is attached at **Annexure**.

7. Pre-induction/participation & Scientific Monitoring Systems are also being developed for the smooth functioning and periodic monitoring of the progress of athletes selected under the TOPS program training at the respective training centres/academies. Protocols will be developed for adoption by various stakeholders for the pre-induction/participation & Scientific Monitoring Systems.

8. **Sensitivity Workshop:** The athletes selected under the initiative shall undergo an education and sensitivity programme at regular intervals. The programme shall cover the information about athlete's

injury screening, the importance of sport injury prevention and methods, sports injury referral system, classification and basics of sports injuries in their respective Sports (mechanical, physical, on-field and off-field) and methods of injuries' treatment.

9. It may also be noted that the prescribed formats for the proceeding/reporting at various stages will be circulated later along with the Standard Operating Procedure (SOP).



(Cdr. Rajesh Rajagopalan)  
CEO (TOPS)

To,

1. President/Secretary General of IOA.
2. President/Secretary General of all NSFs.
3. Members of Mission Olympic Cell.
4. Institutional/Divisional Heads of SAI.
5. DD (Media), SAI
6. All SDOs of TOPS Division.

Copy to:

1. PS to Hon'ble MoS (I/c), YA&S
2. Sr. PPS to Secretary (Sports)
3. AD to DG (SAI)

Annexure

