



JOCKEY MEDICAL EXAMINATION FORM

INFORMATION FOR JOCKEYS – PLEASE READ

All jockeys applying for or renewing a NZTR licence must be medically fit.

Medical fitness is confirmed once:

1. The Jockey has completed this form in full, and
2. The NZTR Medical Advisor has reviewed the medical information and examination results.

Important:

- If any significant changes in medical conditions, medications, or injuries occur after submission, the NZTR Medical Advisor must be notified immediately.
- Clearance following surgery must be obtained from the treating specialist prior to returning to ride.

PART A – PERSONAL INFORMATION (To be completed by the Jockey in their own handwriting)

Family Name					
Given Name/s					
Date of Birth					
Gender	Male		Female		Other
Preferred Name					
Home Address					
Postal Address					
Phone: mobile		Phone Home			
email					
Emergency Contact:	Name				
	Contact No				
	Relationship				

Licence History				
Has any NZTR licence ever been refused or deferred for medical reasons?	Yes		No	
If yes, provide reason:				
Is this medical being conducted by your usual GP?	Yes		No	
If no, please explain:				

PART B – MEDICAL HISTORY (To be completed by the Jockey in their own handwriting)				
Please indicate if you have a history of any of the following:				
Nervous / Anxiety / Depression / Emotional instability	Yes		No	
Headaches / Migraines	Yes		No	
Seizures / Epilepsy / Unexplained Loss of Consciousness	Yes		No	
Asthma / Lung / Chest Conditions	Yes		No	
Heart Disease / High or Low Blood Pressure	Yes		No	
Digestive / Stomach / Gall Bladder Disorders	Yes		No	
Kidney / Bladder Disorders	Yes		No	
Diabetes / Thyroid / Lymphatic Disorders	Yes		No	
Blood Disorders / Anaemia	Yes		No	
Ear / Hearing Issues	Yes		No	
Allergies / Sinus / Hay Fever	Yes		No	
Back / Spine / Neck Injuries or Pain	Yes		No	
Fractures / Dislocations	Yes		No	
Head Injuries / Concussions / Blackouts	Yes		No	
Skin Conditions / Eczema / Dermatitis	Yes		No	
Speech Impairments	Yes		No	
Surgical Procedures / Hospital Admissions	Yes		No	
Any other injury / illness in the last 12 months affecting riding	Yes		No	
Dental injuries in the past year from riding	Yes		No	

PART C – CONCUSSION/HEAD INJURY HISTORY

Please list all incidents of head injuries and concussions.

Date	How long did it take to recover (days)

PART D – NEURODIVERSITY

Have you been diagnosed with, or do you think that you may have, any of the following:

ADHD	No		May have		Diagnosed	
Dyslexia	No		May have		Diagnosed	
Obsessive compulsive disorder	No		May have		Diagnosed	
Tourette syndrome	No		May have		Diagnosed	
Eating disorder	No		May have		Diagnosed	
Autism	No		May have		Diagnosed	
Schizophrenia	No		May have		Diagnosed	
Other: please elaborate						

PART E – LIFESTYLE / MEDICATION/ VACCINATION

Smoking	No		Yes		Quantity per day		
Vaping	No		Yes		No. Sessions/day	Puffs /session	
Alcohol	No		Yes		Drinks per day		
Date of last Tetanus vaccination							
Current Medications:							
Medication		Reason			Dosage		

PART F – NZTR MEDICAL ADVISOR EXAMINATION

(To be completed by the NZTR Medical Advisor or designated doctor)

Vitals and General Assessment:

Height		Weight		BMI	
Heart rate		Blood Pressure- sitting		Blood Pressure - standing	

Eyes / Vision / Lids / Cornea / Fields	Normal		Abnormal	
Hearing / Ears / Nose:	Normal		Abnormal	
Cardiovascular / Respiratory / Musculoskeletal / Neurological / Endocrine / Digestive / Skin / CNS / Psychiatric	Normal		Abnormal	
Medications & Allergies Reviewed?	Yes		No	

PART G – ENHANCED MEDICAL ASSESSMENT (AGE ≥45)

Required for all jockeys over 45 years (or as directed by NZTR Medical Advisor):

- Blood tests (CBC, metabolic panel, lipids)
- ECG / Cardiac assessment
- Cardiac imaging (Calcium score / CT scan)
- Exercise stress testing if indicated
- Cognitive / neuropsychological testing if clinically indicated

Declaration for Over-Age Assessment:

I acknowledge the requirement for enhanced medical investigations due to age and my fitness to ride.

Signature: _____

Date: _____

PART H– NZTR MEDICAL ADVISOR DECLARATION

(To be completed by the NZTR Medical Advisor or designated doctor)

I have reviewed the medical history and conducted a full examination.

Is the applicant medically fit to ride?

Yes

No

Any Further investigation or treatment is required before fitness can be confirmed:

NZTR Medical Advisor Name:**Signature:** _____**Date:** _____**PERSONAL AND CONFIDENTIAL INFORMATION**

The information you provide is used for the purpose of assessing an application for, or the renewal of, a Class A, B C D of E Rider's Licence. If you do not provide the requested information, NZTR may be unable to proceed with the assessment of the application or renewal.

NZTR will only share your personal and medical information with the NZTR Medical Officer where necessary for the purposes of assessing your fitness to hold a Class A, B, C, D or E Rider's Licence.

Personal information will be held and used in accordance with NZTR's Privacy Policy and the Privacy Act 2020. Under this Act, you may request access to, and request correction of any personal information held by the NZTR. If you have any questions regarding this privacy notification, please contact NZTR's Privacy Officer at compliance@nztr.co.nz.

PART I – APPLICANT DECLARATION

1. I declare that all information provided is true and complete.
2. I consent to the NZTR Medical Advisor obtaining any necessary medical records to assess my fitness.
3. I consent to my medical records being made available to the Concussion Specialists in the event of a concussion or suspected concussion.
4. I will notify NZTR of any changes in medical condition, injury, or medication.
5. I understand that providing false or misleading information may result in suspension or cancellation of my licence.

STATEMENT ON CONCUSSION

Concussion is classified as a mild traumatic brain injury. In the short term, concussion may impair performance and decision-making. Repeated concussions may result in long-term impairment of brain function. Thoroughbred racing carries one of the highest concussion rates in sport.

All licensed jockeys in New Zealand are subject to the NZTR Policy on Concussion Management, Neuropsychology Testing and Return to Riding. In the event of a concussion, or a suspected concussion:

1. The jockey shall be automatically stood down from riding for a minimum period of 12 days.
2. The jockey shall not return to riding until they have:
 - a. completed the prescribed post-concussion rehabilitation programme; and
 - b. obtained a medical clearance.
3. The stand-down period shall continue until such time as the NZTR Medical Officer has determined it is safe for the jockey to return to riding.

Any concussion, irrespective of where it occurs, constitutes a reportable injury under the New Zealand Rules of Racing.

While a helmet can prevent focal injury to the head, it does not prevent the rotational forces that result in concussion.

In the event of a concussion or any other impact to the helmet, the helmet worn at the time must be replaced, as its protective integrity may have been compromised.

I, the undersigned, acknowledge that I have read and understood the above statement. I accept the risks of concussion associated with race riding and agree to comply with all requirements for reporting, stand-down, rehabilitation, and medical clearance prior to returning to ride.

Signature: _____

Date: _____