

XXIII Commonwealth Games

Glasgow, Scotland

23 July – 2 August 2026

Fitness to Perform Policy

Fitness to Perform Protocols and Procedures

From the 20th March 2026 onwards, which is the period when the CGNI Athlete Long List closes, long listed athletes (and their coaches) will be required to regularly update the Performance Lead on their progress towards the Glasgow Commonwealth Games. These updates can be in the form of regular meetings or the sharing of training data. The primary indication of progress and fitness will be performances in competitions from March 2026 onwards.

At any time prior to the Games, Athletics NI in conjunction with Commonwealth Games Northern Ireland (CGNI) reserves the right to withdraw an athlete's nomination should, in the opinion of the Athletics Performance Lead, CGNI Lead Physiotherapist or CGNI Physiotherapist allocated to Athletics, there be an injury/illness that could impact on an athlete's potential to achieve performances within 3% or less of the identified Glasgow nomination standard in their event as outlined in the Athletics NI Nomination Policy.

Where such concerns exist, the following process will be undertaken:

Long list closing until Nomination period

The Athlete must notify the Athletics Performance Lead immediately once an injury has occurred. Return to Play and Return to Performance protocols will be put in place with the performance team of the athlete with agreed updates and / or monitoring from the Athletics Performance Lead and CGNI Lead Physiotherapist / CGNI Physiotherapist allocated to Athletics.

Nomination period until final entries (1 – 23 June 2026)

The Athlete must notify the Athletics Performance Lead immediately once an injury has occurred. If there is concern regarding an athlete's potential to achieve performances within 3% or less of the identified B standard in their event as outlined in the Athletics NI Nomination Policy, the Athletics Performance Lead, CGNI Lead Physiotherapist or CGNI Physiotherapist allocated to Athletics will request that the athlete undergoes a medical examination to determine his/her fitness to compete at the Games. This examination will be conducted by the CGNI Lead Physiotherapist, CGNI Physiotherapist allocated to Athletics or SNISI Lead Sports Physician (depending on the nature of the issue).

If the athlete fails, or refuses to undergo, the examination, his/her nomination will be withdrawn. If the athlete passes the medical examination carried out in accordance with the paragraph above, but Athletics NI retains concerns over their potential to achieve performances within 3% or less of the identified nomination standard in their event as outlined in the nomination policy during the relevant qualification period due to the underlying injury or illness, the Athletics Performance Lead, may request that the athlete undergoes a set of event-specific performance tests. The test(s) will be

agreed between the Athletics Performance Lead, CGNI Lead Physiotherapist or CGNI Physiotherapist allocated to Athletics and will be designed to determine the impact of any injury/illness on the athlete's potential to achieve performances within 3% or less of the identified nomination standard in their event as outlined in the nomination policy during the relevant qualification period. If the athlete fails or refuses to undertake the test(s), his/her nomination will be withdrawn.

Once entered the Games by CGNI 23 June 2026

After Team NI has been entered into the Games, athlete de-selections and replacements may only be allowed in accordance with the CGNI's "Late Athlete Replacement Policy" (or any revised or amended CGNI policy relating to athlete replacement in force at the time). Athletes may be deselected at this stage or due to injury/illness. In such circumstances, the same procedures above will apply.