

ISSUING YOUR HEALTH CERTIFICATE BASED ON A.S.Y.A SPECIFICATIONS - K.O.A

(Ανώτατο Συμβούλιο Υγείας Αθλητών – Κυπριακού Οργανισμού Αθλητισμού)

If you are a fellow triathlete and you are up and ready to join this season's races, then your best bet would be to have your Health Certificate issued first.

The **ASYA Health Certificates** are issued by the Supreme Board of Health for Athletes (A.S.Y.A), a body established by the Cyprus Sports Organization (K.O.A).

Here, you will find all necessary documents you need to issue your Health Certificate:

1. Fill out the Health Certificate Form – *Link found at the end of this page*
2. Attach a recent, passport-size photo
3. Make a copy of your ID
4. Include €5 (*processing fee for K.O.A*)
5. According to your age group, choose set of Tests I or II:

TESTS I - for Athletes up to 35 years old:

- Blood Test: Full Blood Count + Sugar, Cholesterol, Creatine & Blood Type test
- Electrocardiogram

TESTS II- for Athletes over 35 years old:

- Blood Test: Full Blood Count + Sugar, Cholesterol, Creatine & Blood Type test
- Electrocardiogram
- Stress Test
- Chest X-Ray

Nireas has acquired a basic packet of Test I & II in special prices, exclusively for its members in collaboration with Dr. Costas Economides, at Apollonion Hospital.

You can find Dr. Economides' contact information on the side menu of Nireas' webpage.

When you have gathered all necessary documentation, you can then deposit it all at K.O.A headquarters in Nicosia, between 8.00-14.30 from Monday to Friday. For directions, contact K.O.A at 22 897000.

For more information about A.S.Y.A and the Health Certificate process go on [K.O.A's webpage](#).