



Player Analysis Technology Approval certificate

Forma Health Platform

Test code: PAT-25-036

Serial no: n/a

Software versions:

iOS: 0.4.29

Android: 0.1.36

Firmware version: Polar 3.0.0

Issue date: 07/08/2025



Objective: To test and evaluate Forma Health according to Rule 31 of the 2025 Rules of Tennis.

Result: Approved

SUMMARY

Forma Health is a digital platform which combines data captured from a Polar 360 wearable and user inputs to provide players and coaches with proactive strategies to minimise and prevent against injury.

The platform provides insights on player readiness and injury risk levels based on training load, recovery, and fatigue levels, recorded through a wrist worn biometric sensor. Physiological data is combined with subjective player check-ins to guide players and coaches towards strategies aiming to maintain player health and performance levels. Video capture via a smartphone allows for analysis of stroke biomechanics to support injury prevention and enhance coaching capabilities.

The app combines the data capture and processing capabilities with educational modules to guide players and coaches towards effective injury prevention, management, and treatment, with insights guided by medically supported research.

Restrictions on the access by a player to Forma Health components during periods when coaching is not and is allowed are as follows:

COMPONENT	NO COACHING	COACHING
Polar 360	Permitted	Permitted
Smartphone	Permitted	Permitted