



## MEDICAL CERTIFICATE

Orienteering is a sport that requires a certain physical strength and you need a complete medical check-up in order to practice this sport at a competitive level.

This certificate may be prepared by a sports medicine physician of one's own choice.

The undersigned, Sports Medicine Physician, Dr. \_\_\_\_\_

declares that after a thorough medical examination on (date) \_\_\_\_\_

Mr./Mrs. \_\_\_\_\_

Born on \_\_\_\_\_, Age \_\_\_\_\_ is fit and that there is, to date, no medical reason or contraindication for the practice of Orienteering at a competitive level.

Place and Date \_\_\_\_\_

Dr. \_\_\_\_\_

Signature and Stamp

\_\_\_\_\_

### AUTHORIZATION for minors

The undersigned, Mr./Mrs. \_\_\_\_\_ (Father, Mother, Guardian, Tutor)

Agrees that his/her son /daughter, \_\_\_\_\_  
may practice Orienteering at a competitive level.

Place and Date \_\_\_\_\_

Signature \_\_\_\_\_

D.M. February 18, 1982 Rules for the health protection in competitive sports

Article 1. In order to protect one's health, those who practice competitive sports activities must undergo prior to and periodically a check-up to obtain the suitability for the specific sport they wish to do or perform. The qualification for those engaged in competitive sports is left to the National Sports Federations, or recognized sporting bodies.

Art. 5. The person approved for will be issued with a medical certificate of suitability according to the model in Annex 3, the validity of which remains until the next periodical check-up. The presentation of this Medical Certificate by the athlete is a prerequisite for the participation in competitive activities. This certificate must be kept at the sports competition event centre.

This document will be kept in original or as a copy by the organizer of the event as evidence in case of an accident. Attention: **In the absence of the presentation of the medical certificate at the time of the withdrawal of the race number, the athlete will not be allowed to attend the event.**