



Paris, 28th September 2010

The President
Orienteering Federation

Subject : medical certificates to compete in France

Dear Fellow Orienteers,

In October 2009 we wrote to you to warn orienteers that, in order to compete in France, French legislation requires them to have a medical certificate testifying that "they do not suffer from any medical condition which makes it unsuitable for them to compete in orienteering events". We have had a number of enquiries concerning this medical certificate and we would now like to make the following clarifications.

- Members of national teams competing in France do not need to show a medical certificate as it is assumed that they are followed medically by their federation.
- No medical certificate is required for events or courses that are not timed, such as in Trail Orienteering or on wayfaring courses.
- Orienteers from countries that issue licences requiring them to have a medical certificate need only show their licences in order to compete in France.
- A medical certificate is required for all other persons competing in open events. This certificate must be less than 12 months old and must testify that the person does not suffer from any medical condition which makes it unsuitable for him/her to compete in orienteering events.

From now on, all entry forms for open international events to be held in France will include a section which foreign entrants must have signed by a medical doctor, unless they can send a photocopy of their existing licence or medical certificate.

We hope this clarification is helpful. Please feel free to contact us if you need further explanations.

Yours sincerely

Jean-Paul Ters
President





FEDERATION FRANÇAISE DE COURSE D'ORIENTATION
15 Passage des Mauxins - 75019 PARIS

MEDICAL CERTIFICATE OF NO CONTRAINDICATION TO THE PRACTICE OF ORIENTEERING

*Orienteering is a demanding and intensive sport: under French legislation, competitors are required to undergo an annual medical examination to demonstrate the absence of any contraindication to the competitive practice of orienteering.
This medical certificate may be issued by a medical doctor of your choice.*

I the undersigned, Doctor in Medicine, certify that I have today examined

Mr / Mrs / Miss / Ms

Date of birth :

I certify that he/she presents no medical contraindication to the competitive practice of orienteering.

Delivered at..... on.....

Doctor's signature and official stamp

PARENT'S OR GUARDIAN'S AUTHORISATION (for minor(s))

I the undersigned Mr/Mrs/Miss/Ms..... (parent or guardian)

authorise my son or daughter to take part in orienteering competition

Date.....

Signature

To allow a participant to compete in an orienteering event, the organiser must ensure that :

- **either** the participant holds an annual competition licence issued by the French Orienteering Federation, or a school or university sports competition licence. No other licence will be accepted.
- **or** the participant presents a medical certificate stating that there is no contraindication to the competitive practice of orienteering, dated less than 1 year (a photocopy will be accepted).

No other document will be accepted.

Under French law n° 99-223 relating to the health protection of athletes and the prevention of doping, adopted by the National Assembly on March 23rd 1999, all French and foreign athletes are required to demonstrate that their general level of health is sufficient to allow their participation in a competitive orienteering event, by presenting a "medical certificate of no contraindication" delivered by a medical doctor after a medical examination.

This document, or its copy, will be retained by the organiser as it must be produced to their insurers in the event of an accident involving the athlete.

Warning : if no medical certificate has been received by the organisers on or before collecting your race number at registration, you will not be allowed to take part in the event.



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CERTIFICAT MEDICAL DE NON-CONTRE INDICATION A LA PRATIQUE DE LA COURSE D'ORIENTATION EN COMPETITION

*La Course d'Orientation est un sport exigeant et intensif nécessitant un bilan médical complet pour la pratique en compétition.
Ce certificat peut être établi par tout médecin de son choix.*

Je soussigné(e), Docteur en Médecine, certifie avoir examiné(e), ce jour

M

Né(e) le

Je certifie qu'il (elle) ne présente, à ce jour, aucune contre indication médicale à la pratique de la Course d'Orientation en compétition

Fait à le

Signature et cachet du médecin

AUTORISATION DU RESPONSABLE LEGAL (pour les mineur(e)s)

Je soussigné(e), M., Mme, Mlle (père, mère, tuteur, tutrice)
autorise mon fils - ma fille, à pratiquer la course d'orientation en compétition

Fait le à.....

Signature

Pour participer à une course d'orientation en compétition, l'organisateur doit s'assurer que le participant :

- est titulaire soit d'une licence annuelle compétition délivrée par la Fédération Française de Course d'Orientation, soit d'une licence UNSS, (aucune autre licence sportive ne peut-être acceptée).
- est en possession d'un certificat médical de non contre-indication à la pratique de la Course d'Orientation en compétition datant de moins d'un an (ou copie) pour les non-licenciés FFCO.

Aucun autre document ne pourra être accepté pour attester de la non-contre indication médicale.

La loi n° 99-223, relative à la protection de la santé des sportifs et à la lutte contre le dopage, a été votée à l'Assemblée Nationale le 23 Mars 1999. Ces nouvelles dispositions obligent l'ensemble des coureurs français ou étrangers à fournir la preuve de leur aptitude à la pratique de la course d'orientation en compétition, aptitude justifiée par un certificat médical, délivré par un médecin, suite à un examen médical.

Ce document sera conservé en original ou en copie par l'organisateur en tant que justificatif en cas d'accident.

Attention : En cas de non-réception de votre certificat médical au moment de votre retrait dossard, vous ne serez pas autorisé à courir le jour de l'épreuve.