

**MEDICAL CERTIFICATE FOR ABSENCE OF CONTRA-INDICATION FOR ATHLETIC ACTIVITY**

Stamp of the Doctor and Date

Delete non-practiced or  
unadvised activities.

I, the undersigned Doctor \_\_\_\_\_,

certify that Ms./Mr. \_\_\_\_\_

may practice:

- Hiking
- Snowshoeing
- Hiking with batons/poles
- Hiking that is less strenuous
- Competitive hiking

Attention: Conforming to the code of sport, this certificate is valid for 3 years *except for* competition or if you have responded "Yes" in the questionnaire QS-SPORT at the time of the license renewal.

\_\_\_ Does not have any apparent contra-indications for the practice of these activities.

\_\_\_ Does not present any apparent contra-indication, provided that:

- The heart rate should not exceed \_\_\_\_\_ beats/minute.
- The hiking speed should not exceed: \_\_\_\_\_ km/hour.
- The climbing should not exceed: \_\_\_\_\_ meters/hour.
- The maximum duration is: \_\_\_\_\_ hours.
- The maximum altitude is: \_\_\_\_\_ meters.
- Other recommendations: \_\_\_\_\_

### **Information for the Doctor**

This medium-intensity physical activity provides multiple benefits: fights against illnesses associated with a sedentary lifestyle, limits becoming overweight, limits osteoporosis, it's a format for social connections that can counter loneliness. In addition, it is often beneficial for the elderly.

However, **it is not a casual walk**, because depending on the distance of the hike as well as the amount of climbing, the required effort may increase and a hiker may not be physically qualified, possibly resulting in harmful consequences for the hiker and the accompanying group. Keep in mind that an incident will most often occur out in the countryside far from rescue services.

Being well familiar with your patient, and following your clinical exam, you are the best positioned to explain to her/him the limits that she/he should not exceed.

### **Information for the hiker**

A hike isn't a simple walk: depending on the weight of the pack and your body weight, depending on the length and amount of climbing as well as your hiking speed, depending on the weather conditions, depending on your level of conditioning, your body could be in difficulty as the hike progresses making it increasingly difficult for you to keep going.

Before departing, inquire about a hike's distance and climbing and the weather predicted, and choose a hiking route that is compatible with your present physical and psychological condition.

Don't forget that if "one day on the trail = eight days of health", we must remember that a badly prepared hike can become a failed hike.

With your doctor, evaluate your capacities and know your limits.

If you have a chronic but stable illness, be sure to carry the necessary medicine(s) in case of incident, and determine with your doctor the level of physical activity not to surpass – that's the point of this medical exam.

**La Commission Médicale de la FFRandonnée** (The Medical Commission of the France Hiking Federation)