

In compliance with the French Sport Law of March 2, 2022, the French Triathlon Federation, on the favorable opinion of its National Medical Commission issued on February 09, 2023, has decided to remove the requirement to present a medical clearance certificate stating that there are no contraindications to the practicing sport, and to replace it with this form.

## WARNING

In the course of the past 12 months, have you felt/experienced:

- Chest pain after exertion?
- Palpitations (unusual perception of heartbeat - irregular and/or rapid - of short or more or less extended duration)?
- Discomfort during exercise?
- Sudden loss of consciousness, either at rest or while exercising?
- Unusual shortness of breath on exertion?

If you answered yes to any of the previous questions, **it is imperative and URGENT that you consult a doctor before pursuing training or/and competing.**

**By checking this box, I indicate my understanding that these symptoms may be signs of cardiac pathology at risk for my health, and potentially be life-threatening.**

For more information on cardiovascular risk and sporting activities, please refer to the following content : [Appendix](#)

**By checking this box, I indicate that I understand the need to carry out a medical check-up in the event of experiencing the symptoms listed previously and which I have not yet had investigated by a doctor.**

## CAUTION

- Has a member of your family (parent, sibling, child) suddenly passed away from a heart-related or other unexplained cause?
- Has a member of your family (parent, brother, sister) suffered from heart disease before the age of 35?
- Did you engage in intensive physical activity without undergoing a medical check-up after the age of 45 (woman) 35 (man) to assess your cardiovascular risk?
- You have at least two of these cardiovascular risk factors, namely:
  - You are over 50 years old,
  - Active or weaned smoking for less than 3 years,
  - Diabetes of any type,
  - Cholesterol abnormality,
  - Hypertension;
- Are you being monitored for a chronic disease?
- Are you still competing and/or engaging in intensive physical activity after the age of 60?
- Have you experienced an unexplained decrease in your performances over the past twelve months?

If you have answered yes to any of the above questions, it is essential that you seek medical advice or even undergo a medical check-up before continuing to practice triathlon and its associated disciplines, with or without competition.

**By checking this box, I declare understanding that my family history, any cardiovascular risk factors or chronic illnesses may increase the risk of taking part in triathlon or its associated disciplines, and that I should seek medical advice to ensure the safety of my sporting activities**

**By checking this box, I declare understanding that a medical check-up at certain stages of life is necessary to : take into account the state of my health, the training involved in triathlon, and its associated disciplines, and its as well as the risks associated with intense practice of the sport**

**By checking this box, I undertake to apply the 10 rules of good sports practice published by the Club des Cardiologues du Sport, which can be consulted [HERE](#) (French document). You can find the traduction [HERE](#).**

## VIGILANCE

If :

- You have never had an electrocardiogram in your life,
- In the last 12 months, you have stopped sport for more than 30 days for health reasons,
- You think you may have a food problem, or if someone has ever commented on it,
- You are a woman and have not had your period for over 3 months,
- You have had a head injury or concussion,
- You simply think you need medical clearance to continue practicing your sport.

Therefore, **it is strongly recommended that you consult your doctor to discuss these points, and even carry out a check-up, before continuing to intensify your practice.**

**By checking this box, I understand that certain situations or symptoms may entail a risk to my health and/or performance.**

For more information on the different medical risks associated with your sporting activities, please consult the following content : [Appendix](#)

## GOOD PRACTICE

The French Triathlon Federation provides its members and competitors with information/recommendations on the following subjects (see appendix and/or web link):

- Musculoskeletal disorders : ([appendix](#))
- Nutrition : ([appendix](#))
- Use of dietary supplements : ([appendix](#))
- Anti-doping : <https://triathlon.org/search#q=doping>
- Leptospirosis : <https://www.pasteur.fr/en/medical-center/disease-sheets/leptospirosis>

**By checking this box, I declare having read and understood all the information and alerts indicated at the various stages of this Health Info Form of the French Triathlon Federation.**

**By ticking this box, I declare taking or having taken the necessary precautions as a result - appropriate medical consultation and, if necessary, temporary interruption of the sporting activity - enabling me to train or take part in a triathlon competition and its associated disciplines, limiting the risk to my health as much as possible.**

Finally, because three simple gestures - cardiac massage / call / using a defibrillator - can save lives, including in sport, the French Triathlon Federation encourages you to train in lifesaving gestures: "every minute saved is 10% more chance of survival".

Spread the word around you.