MEDICAL CERTIFICATE

Doctor in Medicine, hereby declares that

PATIENT

LAST NAME: …….. **FIRST NAME:**…….

DATE OF BIRTH:…… **PLACE OF BIRTH:**……..

has undergone a medical examination and has been found FIT for parachute jumping.
Special precautions (corrective lenses, etc.): .....

Identification of the physician

Date of the examination:

Doctor's signature:

REGULATIONS CONCERNING MEDICAL FITNESS FOR PARACHUTE JUMPING

To be medically fit for parachute jumping, the candidate (male/female) must meet the following requirements:

1. Possess good general health and physique. Pronounced muscular development is not required. Any obesity will be assessed according to its functional impact.
2. Possess a normal abdominal wall. Hernias, weaknesses or injuries of the abdominal wall that constitute a counterindication to the effort involved in a jump are grounds for unfitness. At least 3 months must have elapsed since the last major surgical procedure or the last operation on the abdominal wall. Surgical procedures on the great vessels and/or on the arterial vessels of the lower limbs generally entail unfitness.
3. Possess functional integrity of the respiratory system. There must be no evidence of tuberculosis. In cases of asthma or emphysema, a lung function test is required.
4. The assessment of disorders of the digestive system that could cause sudden incapacity of the candidate is left to the examining physician..
5. Any history of trauma or lesion to the brain or skull requires a thorough neurological examination.
6. Possess the mental and character balance required for learning and performing parachute jumps.
7. Any history of cardiovascular disease requires a thorough cardiological examination.
8. The candidate must be free from disorders of the spine, pelvis and upper and lower limbs that are incompatible with the safety of jumping. A history of habitual dislocations, **particularly of the shoulder joint**, poses a risk.
9. Possess sufficient visual acuity. Possess sufficient colour vision and depth perception.
10. Possess adequate hearing and good Eustachian tube patency.
11. Be free from medicinal or other chronic intoxication.
12. Pregnancy is a formal contraindication.
13. Everyone is obliged to provide the physician with complete medical information.

For further information about insurance or about the sport, please contact your club or the Vlaamse Vereniging voor Parachutisme v.z.w.,,
E-mail: info@valschermsport.be