

## Medical certificate of absence of contraindication to sports practice

**This document is to be completed by your doctor. It must be preceded by a medical examination.**

An optional exam model adapted to the specificities of our disciplines can be consulted (ffvl.fr - medical section).

Attention renewal varies according to your age and your practice:

COMPETITION: every year for paragliding, delta, speedriding, every 3 years for the other disciplines.

LEISURE: Kitesurf, kite, boomerang: 0 to 18 years old inclusive: when first licensed then every 3 years; from 19 to 49 years old inclusive when taking out the first licence; 50 years and over: when first taking out a licence, then every 10 years.

LEISURE: Paragliding, hang-gliding, speedriding: 0 to 18 years old inclusive when first licensed, then every 3 years; from 19 to 49 years old inclusive: when first taking out a licence, then every 6 years, 50 years and over: when first taking out a licence, then every 3 years.

Note: between two certificates, a health questionnaire must be completed by the athlete. In the event of a positive response to at least one question, the athlete will be required to submit a new certificate.

**The undersigned, Doctor** (stamp with contact details including email)

**Date:** / /

### Certifies that

\_ Miss \_ Mrs \_ Mr

Name : \_\_\_\_\_ First name : \_\_\_\_\_

Date of birth : \_\_\_\_/\_\_\_\_/\_\_\_\_

Address : \_\_\_\_\_

FFVL license number (if known) (7 digits + 1 letter) : \_\_\_\_\_

**Does not present, today, any contraindication to the practice of SPORT, in particular paragliding. Certificate delivered by hand and valid for a period of 12 month (all competitors)**

Provisional certificate. To be reviewed ( specified date) : \_\_\_\_/\_\_\_\_/\_\_\_\_

### FFVL SPECIFICITIES:

Discipline(s) :

Delta  
 Kitesurf

Paragliding  
 Kite

Speed-riding  
 Boomerang

(several boxes can be ticked, cross out unnecessary mentions if necessary) :

Out of competition

In competition

Upgrade request (please read the conditions on ffvl.fr - medical section)

Subject to the opinion of the federal doctor for derogation (permanent or temporary disability, illness, accident)

Need for compensation or adaptation devices on the person (permanent disability - temporary - acquired) (specify the list) : \_\_\_\_\_

Need for equipment adjustments (specify the list) : \_\_\_\_\_

This sheet is only indicative and may be accompanied by all the necessary documents. This individual approach, subject to medical secrecy, is in accordance with good practice in sports medicine and is intended to provide information and help to limit the risks of practicing this sport.