

MEDICAL CERTIFICATE

for kickboxer

Country Code			WAKO National Federation		☐ Passport No. / ☐ Identity card No.	
Sports ID Number		Family name	Given name	Middle name	Nationality / Citizenship	
Gender M / F	Kickboxing discipline Ring / Tatami / Forms	Age category CH, YC, OC, J, YJ, OJ, S, M		Weight category		

I hereby confirm that the kickboxer indicated above has passed a pre-participation screening following his/her national laws and **in compliance with the** WAKO Medical Rules (SEE PAGE TWO).

Following this pre-participation screening, the kickboxer is

Medically FIT

to participate in kickboxing training and at all levels of kickboxing competition during the period of validity of this certificate.

This certificate is valid until:	
	Date (dd/mm/yyyy)

The maximum length validity for a Medical Certificate is one year.

DECLARATION: "I, the undersigned, declare on my honor that I am eligible and fulfil the Conditions stipulated by the Rules of WAKO. I also declare that, pursuant to Regulation (EU) 679/2016 (GDPR), I am aware that the data collected through this document will be processed for the purposes described in WAKO Privacy Notice and that I have taken vision of the latter pursuant to art.13 GDPR."

Date (dd/mm/yy)

Signature and stamp of qualified Medical Doctor of the same country of residence of the kickboxer

MIMINUM EXAMS AND INSTRUMENTAL ASCERTAINMENTS FOR THE RELEASE OF MEDICAL CERTIFICATE FOR WAKO DISCIPLINES

Minimum exams for kickboxers

Priority of the WAKO and WAKO Medical, Health & Anti-Doping Committee is the safeguard of the health of kickboxers. As the current availability and access to medical assessments is not the same in all the WAKO members' countries, each National Federation is responsible to guarantee the highest possible standard to safeguard their kickboxers' health. In the following table are listed the exams that are considered mandatory in order to release a WAKO Medical Certificate (marked with X). All the other exams are warmly **recommended** (marked with **R**) and are intended as guidelines for the National Federations to release the WAKO Medical Certificate.

EXAMS ▼	AGE CATEGORIES ► WAKO DISCIPLINES ►	All ages	All ages		Veterans > 41 y
		Forms	Tatami	Ring	Tatami
Medical History		X	X	X	X
Complete physical exam, included, but not limited to, cardiovascular system (heart auscultation, blood pressure, pulses)		X	X	X	X
Rest electrocardiogram		X	X	X	X
Stress electrocardiogram (reaching a heart rate higher than 85% of their theoretical maximum, i.e. 220 minus ages in years)			R	R	X
Eye exam included a dilated ophthalmological examination of fundus oculi, administered by a licensed ophthalmologist				R	
Neurological exam				R	
Blood Work (for kickboxers aged 18 and older): HIV, Hepatitis B Surface Antigen, Hepatitis C Antibodies				R R	

These are the minimum requirements for the release of a Medical Certificate for WAKO disciplines. It can be implemented case by case, following the doctor's advice, National laws and National Federations' Medical Rules.

The maximum length validity for a Medical Certificate is one year.

* **The Stress ECG** is intended an ECG recorded with a high Heart Rate (HR) that can be reached by means of a short exercise (it may be anything like stepping, running, jumping, squatting, etc. intensely for 2-3 minutes). Even if it is preferable to record the ECG during this short bout of exercise, it can be recorded even after it, by quickly connecting the electrodes immediately after the interruption, and trying to record the highest possible HR.

For athletes aged 41 or older, the classic stress test with continuous ECG monitoring during the exercise (usually stationary cycling or treadmill), and by reaching a high HR (higher than 85% of their maximum predicted), is mandatory.