



CERTIFICATE OF FITNESS

(Contains information for Medical Practitioners in relation to the issuing of medical clearance for a person to compete and partake in WBF Amateur Masters boxing contests)

The purpose of a medical examination of persons wishing to partake in WBF sanctioned Amateur Masters contests is to minimise the risks of participation in combat sports.

It is a condition of each Masters boxer that they provide a Certificate of Fitness prior to contesting any WBF Amateur Masters contest.

It is appreciated that such examination will not prevent injuries arising during a contest from strikes to the body. The purpose of the examination is to detect those persons who are particularly at risk due to pre-existing disease or anatomical abnormalities. Combatants are also required to provide a serological clearance certificate on a six (6) monthly basis.

The WBF Amateur Masters Division (AMD) requires that combatants be examined by a medical practitioner before every contest and after every contest. These examinations are for the benefit and welfare of the combatants.

Generally, combatants should be in good general health. Excessive weight and wasting should be considered with caution, although this would not necessarily exclude participation.

The Medical Practitioner, in examining the patient, should look for abnormalities which decrease the ability of the person to defend themselves such as:

- Loss of sensation particularly sight, hearing.
- Slow, clumsy movements
- **Irregular heart rate** (ECG must be administered when 50 years of age or older)
- Muscular and/or joint disease
- Lesions of balance/co-ordination.
- Easy fatigability, secondary to heart/renal disease
- Respiratory disease, chronic or periodic, e.g. Asthma increase the risk of injury such as:
 - Bleeding tendency, e.g. Haemophilia
 - Past history of multiple fractures.
 - Increased size viscera, especially liver and spleen.
 - Undescended testes.
 - Loss/abnormality of paired organs.



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- Poorly controlled diseases, e.g. Hypertension/diabetes.
- Disease with poor healing/potential joint instability, e.g. Collagen disease.
- Transient/prolonged neurological system/signs, including headache.
- Previous injury with incomplete recovery of function or complicating sequelae.

The Medical Practitioner should undertake any medical examinations and tests that they believe are necessary to give them confidence to issue the Certificate of Fitness.

The WBF Amateur Masters Division (AMD) does not require details of the examination undertaken or medical test results obtained and the confidentiality of this information should be maintained between the Medical Practitioner and the combatant.

The Certificate of Fitness is all that is required to be provided to the WBF Amateur Masters Division (AMD). If you do not consider this combatant fit to compete in combat sports then you should not issue the Certificate of Fitness.



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Approved form issued pursuant to WBF Amateur Masters Division (AMD) requirements;
(combatant eligibility criteria to contest WBF Masters contests)

Form must be completed by a registered medical practitioner

I, _____
[insert name]

being a registered medical practitioner,

Medical Registration Number: _____ [insert number/stamp]

of: _____
[insert address]

declare that:

[insert name of combatant])

whom I identified from

Photo Driver's License No: _____

or

Photo in Medical Record Book of Combatant No: _____

or

Photo Passport No: _____ Country of issue: _____

in my opinion, and after undertaking the required medical assessments on
_____, this combatant 'IS FIT' to compete in combat sports.

[insert date of examination]

Signature: _____ Date: _____