



MEDICAL (GENERAL) RULES

(In force from 1 November 2019)

1. Athletes

- 1.1 Athletes are responsible for their own physical health and for their own medical supervision.
- 1.2 By entering into an International Competition, an Athlete specifically releases World Athletics (and its respective Members, directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that he may suffer in relation to or as a result of his participation in the International Competition.

2. Member Federations

- 2.1 Notwithstanding the provisions of Rule 1 of the Medical (General) Rules, Members shall use best efforts to ensure that all Athletes under their jurisdiction competing in International Competitions are in a state of physical health that is compatible with elite level competition in Athletics.
- 2.2 Every Member shall use best efforts to ensure that appropriate and continuous medical monitoring of its Athletes is undertaken either internally or through an approved external body. It is further recommended that Members organise for a Pre-Participation Medical Examination (PPME) to be carried out in the form recommended by the World Athletics Medical Guidelines on each Athlete that it enters for an International Competition under paragraphs 1.1(a) and 1.6 of the International Competitions definition.
- 2.3 Every Member shall appoint at least one team doctor to provide its Athletes with the necessary medical care in the lead up to and, wherever possible, during International Competitions under paragraphs 1.1(a) and 1.6 of the International Competitions definition.

3. Medical/ Safety Services at International Competitions

- 3.1 Organising Committees shall be responsible for providing adequate medical services and for taking appropriate safety/security measures during International Competitions. The required medical and safety/security services may vary according to following factors: the size and nature of the competition, the category and number of Athletes participating, the number of support staff and spectators, the health standards of the country where the competition takes place and the prevailing environmental conditions (e.g. climate, altitude).
- 3.2 The Medical and Anti-Doping Commission shall issue and keep updated practical guidelines to assist Organising Committees in providing adequate medical services and taking appropriate safety measures at International Competitions.
- 3.3 Specific medical and safety requirements may be required under these Medical Rules for certain categories of event (e.g. Road Races, Race Walking).
- 3.4 The medical services and safety measures to be provided at an International Competition shall include at a minimum:

- 3.4.1 general health care for Athletes and accredited persons at the main site of the competition and at the Athletes' place(s) of accommodation;
 - 3.4.2 first aid and emergency care for Athletes, staff, volunteers, media and spectators at the main site of the competition;
 - 3.4.3 safety surveillance;
 - 3.4.4 co-ordination of emergency and evacuation plans; and
 - 3.4.5 co-ordination of any special medical services as appropriate.
- 3.5 A medical manager shall be appointed by the Organising Committee for each International Competition organised paragraph 1.1(a) of the International Competitions definition to prepare and co-ordinate the medical services and safety requirements during the competition. The Chief Executive Officer shall liaise with the Medical Manager for all safety-related matters.
- 3.6 At International Competitions organised under 1.1(a) of the International Competitions definition, a Medical Delegate shall also be appointed by World Athletics who, in accordance with Rule 6 of the Competition Rules, shall ensure that adequate facilities for medical examination, treatment and emergency care are available at the site of the competition and that medical attention can be provided where the Athletes are accommodated.