Preventive measures

The health of elite athletes is the subject of the provisions of article L.3621-2 of the French Code of Public Health. Sports federations are required to organise regulatory medical check-ups for their athletes.

Through its medical hub, INSEP is able to provide sports federations with a comprehensive medical service for their national teams and elite athletes listed on ministerial registers, enabling them to conduct all the tests required by the ministerial decrees of 11 June 2004 and 16 June 2006, and the amendment of 13 June 2016.

These tests are carried out on all athletes each year at INSEP, with special attention given to those under the age of 18. The tests include a full medical exam (analysis, tests, exams and questionnaires), and a clinical exam. They are conducted as a preventive measure, to raise awareness of certain health conditions and to detect any abnormalities at the earliest possible stage.

The hub is primarily reserved for the elite athletes from within INSEP and beyond but the services are accessible to high-level amateur athletes (for individuals and teams).

Open Monday to Friday from 9am to 1pm and 2pm to 6pm, the hub is able to offer appointments to conduct the following out-patient services:

- Anthropometric measurements
- Urine test strip
- Resting electrocardiogram
- Eyesight and hearing test
- Clinical exam with a sports medicine practitioner
- Psychological exam with a clinical psychologist
- Nutritional review with a dietician

And if necessary:

- Dental exam
- Echocardiography
- Podiatry treatment
- Medical imaging (radiology, ultrasound or MRI)
- Cardiovascular fitness test (treadmill, ergocycle, rower and upper-body ergometer)

- Blood tests
- Preventive physiotherapy tests (Isokinetic muscle test)
- Hypoxic fitness test

These preventive tests are billed to the sports federations in line with the rates set by INSEP's Board of Directors.

DROP-IN MEDICAL SERVICE

An emergency drop-in service is open to INSEP's permanent athletes and those attending courses at the institute. A separate drop-in service, open from 8am to 1pm on Saturdays, is available to athletes under the age of 18 in residency or any interns staying overnight.