



# FITNESS FOR PHYSICAL ACTIVITY CERTIFICATION

## Guidance for Sheffield GPs

Sheffield LMC continues to receive queries and concerns from practices regarding requests to certify patients fit for a variety of physical activities.

We would remind practices that:

- Doctors who do not have a qualification or special interest in sports medicine, or who do not feel competent to issue a certificate that someone is fit to take part in any particular sport or activity, should refrain from doing so, otherwise they would render themselves responsible in the event of any future litigation.
- We would normally recommend that organisations requiring such a service should employ an experienced doctor to undertake such medicals.
- It is the British Medical Association's (BMA) view that, unless there was a direct clinical referral of the patient by the GP, as part of the patient's treatment, rehabilitation programme etc, GPs who do feel competent to issue a certificate are entitled to charge a reasonable fee.
- Any fee charged should reflect the time taken and the necessary expertise and the risk and responsibility the GP is assuming.
- Where a gym or health club instructor is concerned about the health of one of its members, for example high blood pressure, it would be good practice for the gym to put details of the concern in writing to the GP. However, the gym should seek written consent from the patient before sharing this specific information.

Any organisations wishing to raise queries on this guidance can contact the LMC via:  
[manager@sheffieldlmc.org.uk](mailto:manager@sheffieldlmc.org.uk).

We would ask that patients are **not** put in direct contact with the LMC office.