



# MEDICAL GUIDE

الألعاب الإفريقية

**JEUX AFRICAINS**  
AFRICAN GAMES  
JOGOS AFRICANOS

RABAT 2019  
19 - 31 AOÛT





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W E L C O M E A F R I C A





HIS MAJESTY KING MOHAMMED VI, MAY GOD GLORIFY HIM,

“ *«..... We are, actually, a nation that loves sports and who mobilizes massively and unanimously to encourage and bring its heroes to the skies ... Sports practice becomes nowadays one of the fundamental human rights.*

*It is therefore necessary to expand its access to men and women from all the society fringes - without distinction of any kind - to disadvantaged regions and areas and people with specific needs. Thus, sport is a strong lever for human development, inclusion, social cohesion and the fight against misery, exclusion and marginalization. ”*

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*Message sent by His Majesty King Mohammed VI to the participants in the National Sports Convention held in Skhirat on Friday, October 24<sup>th</sup> 2008*



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01 | PREAMBLE



This medical guide is developed by the RAGOC's Medical Committee in order to inform all the delegations and their medical staff involved in the 2019 Rabat African Games on the medical services dedicated to this purpose, while networking the concerned persons

Thus, the medical coverage plan set up for this event is organized in accordance with the norms and standards related to the provision of care for medical emergencies, curative medicine and public health.

It provides, for cases requiring special care, sanitarian medicalized transport to specialized health structures, providing University Hospital standards care.

In addition, the system for covering public health risks mobilizes human and logistical resources to ensure health surveillance, prevention and early detection and response actions directed against any threat to the participants' safety.



02

MEDICAL  
COMMISSION





## RESPONSIBLE FOR MEDICAL AND MEDICAL COVERAGE

- Minister of Public Health
- Minister of Youth and Sports
- Director of the African Games Rabat 2019

## MANAGERS AND SUPERVISORS

- Responsible from RAGOC
- Responsible from the Ministry of Public Health
  - Responsible from the Royal Gendarmerie
  - Responsible for Civil Protection
- Responsible for the National Airports Office (ONDA)
- Head of the National Office for Sanitary Safety of Food Products

## COORDINATORS FOR THE CITY OF RABAT

- Ministry of Public Health Regional Director, Rabat and Kenitra
  - Ministry of Public Health Delegate, Rabat
  - Ministry of Public Health Delegate, Salé
  - Ministry of Public Health Delegate, Kenitra
    - SAMU01 Responsible, Rabat
- Health controls Responsible at Rabat - Salé Airport Borders

## COORDINATORS FOR THE CITY OF CASABLANCA

- Regional Director of the Ministry of Health, Casablanca Settat
  - Ministry of Public Health Delegate, Casablanca Anfa,
    - Ministry of Public Health Delegate, El Jadida
      - SAMU02 Responsible, Casablanca
- Health controls Responsible at Mohammed V Casablanca Airport Border



# 03 | OBJECTIVES OF THE GUIDE



## THE RAGOC'S MEDICAL SERVICES OF FOR THE 12<sup>TH</sup> AFRICAN GAMES RABAT 2019 PROVIDE A PACKAGE OF CARE THAT MEETS THE FOLLOWING FUNDAMENTAL PRINCIPLES:

- Provide a medical service for such an event as per athletes, judges, referees, media, security corps, visitors, volunteers and all individuals and accredited groups;
- Provide quality sports medicine and trauma services to participating athletes;
- Promote the health habits corresponding to the sports practice, more specifically the installation of the medical and health units on the training sites, the competition sites, the athletes' villages and the hotels, so as to provide medical coverage for the athletes, leaders and their staffs, media, volunteers, spectators, etc.

This service provides first aid medical care, basic cardiopulmonary resuscitation, ambulance medical transport as well as meeting the need for further diagnostic tests required, medical or surgical treatment by specialists and, where appropriate, hospitalization.

- Implement preventive and sanitarian control measures.
- Supervise the athletes' feeding and meals nutritional quality.



04 | SANITARIAN VISA  
IN MOROCCO



## THE TRIP TO MOROCCO DOES NOT EXPOSE ANY PARTICULAR HEALTH RISK, NO DISEASE CURRENTLY OCCURS RELATING TO THE IN THE EPIDEMIC SITUATION IN MOROCCO.

The document «INTERNATIONAL TRAVEL AND HEALTH» issued by WHO on November 15th, 2018, in compliance with the new international health regulations (RSI 2005) indicates that vaccination against yellow fever

is not recommended for people traveling to Morocco. However, man must be up to date for its (universal) vaccinations recommended for everyone: tetanus, polio, pertussis, diphtheria and hepatitis B.

**IN ADDITION, NO PRECAUTION SHOULD BE TAKEN BEFORE, DURING AND AFTER THE TRIP.**



05 | MEDICAL UNITS  
STRUCTURES





## THE RAGOC'S MEDICAL SERVICES ARE ORGANIZED IN TERMS OF STRUCTURES AND RESPONSIBILITIES AROUND THREE MAIN HEALTH AREAS :

- MEDICAL ASSISTANCE TO ATHLETES AND ACCREDITED PERSONNEL;
- TERRITORIAL EMERGENCY SERVICE;
- PUBLIC HEALTH.

*The RAGOC's medical services will be operational from August 12<sup>th</sup> to September 3<sup>rd</sup>, 2019.*

### 5.1 MEDICAL UNIT AT AIRPORTS:

In addition to the health control teams, medical coverage is provided during the arrival and departure periods, to participants (spectators, athletes, team staff, VIPs, etc.) at Mohammed V airport in Casablanca and Rabat-Salé airport. This coverage will provide sanitarian monitoring and on-site care for urgent medical treatment. In the case of a health problem requiring an investigation or hospitalization, medical transport will be provided by a medicalized ambulance allowing continuity of care.

### 5.2 MEDICAL UNIT ON SITE:

#### 5.2.1 Competition and training:

The medical units at the competition sites will provide on-site medical and emergency services as well as ambulance services to accredited persons with free access to these areas, if deemed necessary by the doctors on site, the injured or patients must be transported by ambulance to referral hospitals for diagnosis and treatment. These medical units will be staffed by a sports medicine specialist doctor (at the competition sites), a nurse and a sports physiotherapist as well as volunteer staff from the Red Crescent. A medicalized ambulance is available on site.



Any emergency care taking place in the competition area will be under the responsibility of the Games medical team, in consultation with the NOC medical teams who will be able to treat on the spot any minor injuries of the athletes of their own delegation. RAGOC may assist any team that does not have medical staff in the competition area. For water sports, the RAGOC's Medical Service will provide assistance as required by international safety standards. A hydro ambulance with the necessary equipment will be available with a doctor, a nurse and rescue staff on board.

The competition venues medical units provide medical services one hour before the competition, during the competition and one hour after the end of the competition. Ambulances will be available on the premises or in the nearby, depending on the different types and sizes of events in order to provide first aid care. Each training site has health assistance for athletes, team officials and any other person who may be present at the training site. Emergency cares are available and in case of urgent hospital care, patients are transported to referral hospitals and clinics.

### 5.2.2 The Games Villages:

The medical and health services are distributed in different accommodation sites. Actually, each site will host a medical block to provide medical assistance to athletes and community members lodged in that site. Services are available from 7:00 am to 11:00 pm, seven days a week, with a 24-hour emergency service by calling emergency number 141. At the Games Village, where most of the athletes are lodged, a clinic for the Games is installed on site with doctors, physiotherapists and nurses. This clinic has:

- A department of general medicine and sports medicine.
- Physio-physiotherapy service
- For RAGOC's physiotherapists, massage locations are available upon reservation
- Massage locations available for NOC physiotherapists.
- An emergency care unit with basic cardiopulmonary resuscitation equipment.
- A radiology department with conventional X-ray and ultrasonography.
- A pharmacy with a pharmacist doctor.



### 5.2.3 Hotels:

Emergency care is provided for accredited persons residing at hotels. Medical assistance is provided by a doctor, a nurse and an ambulance attendant.

### 5.2.4 Opening and Closing Ceremonies Venues:

The Medical Unit at Games Opening and Closing Ceremonies provides Medical Services on-site for Accredited Persons, Spectator's Stand, Media Zone, Athletes' Rally Area, Spectators' Area, Stadium and the waiting area for interpreters. If necessary, the injured persons shall be transported to the referral hospitals for diagnosis and treatment.

### 5.2.5 Medical Unit for Spectators:

The medical units dedicated to the spectators offer emergency and ambulance care for the spectators in the duly reserved places. After the care provided on site, the injured or sick persons, if deemed necessary by the RAGOC's doctors, must be transported by ambulance to the referral hospitals for diagnosis and treatment. The medical unit dedicated to the spectators provides its services one hour before the competition, during the competition and one hour after the end of the competition.



06

SANITARIAN  
TRANSPORTATION



These transports are provided by ambulances ensuring continuity of care during transport. In case of injury of a NOC accredited person,

RAGOC will provide the necessary assistance to the injured person so as to be transported back to his own country.



07

REFERRAL HOSPITAL  
STRUCTURES





Depending on the site's location, RAGOC has selected several hospital facilities during the Games period. Dedicated reception areas are installed inside referral hospitals that provide emergency care, specialized consultations, X-rays, check-ups and appropriate hospital services for various patients.

The hospital structures provide access to care 24h per day, 7 days a week. These public facilities are available to host RAGOC's patients

referred to by medical regulation. Anyone who, in case of emergency, visits these hospitals for a diagnosis or for a special treatment, must show his accreditation along with the liaison sheet issued by the RAGOC's doctor, otherwise he/she would be deprived from the services of the referral hospital structures.



## THE REFERENCE HOSPITALS AND CLINICS OF THE 2019 AFRICAN GAMES

VILLE	CLINIQUE ET / OU HÔPITAL
RABAT	Ibn Sina CHU Sheikh Zaid Hospital Amal Rajae cardiovascular Clinic
CASABLANCA	Ibn Rochd CHU Sheikh Khalifa Hospital
MOHAMMADIA	Provincial Hospital Center Anfa Clinic
EL JADIDA	Provincial Hospital Center Mazagan Clinic



08

MONITORING AND  
HEALTH SAFETY  
SYSTEM



UNDER THE PROVISIONS OF THE INTERNATIONAL HEALTH REGULATIONS (IHR 2005), THE MINISTRY OF HEALTH, IN COLLABORATION WITH ITS PARTNERS, ESTABLISHES A SPECIFIC MONITORING AND HEALTH SAFETY SYSTEM DESIGNED TO PREVENT, DETECT AT EARLY STAGE AND PROVIDE AN ADEQUATE RESPONSE AGAINST THE HEALTH RISKS RELATED TO:

- COMMUNICABLE DISEASES WITH EPIDEMIC POTENTIAL;
- UNUSUAL HEALTH EVENTS;
- FOOD, WATER AND THE ENVIRONMENT.

## 8.1 ENVIRONMENTAL HYGIENE:

### 8.1.1 Hygiene of premises:

Relevant departments of the interministerial technical commissions draw up a monitoring and control system for the hygiene of sports facilities and the athletes' accommodation sites, including microbiological investigation and treatment of accommodation sites pipelines in order to prevent legionellosis.

### 8.1.2 Food control:

The National Office for Food Products Sanitary Safety (ONSSA) ensures compliance with the nutritional plan guidelines designed to ensure

a correct and healthy diet, for the benefit of the residents of the villages, taking into account particular aspects such as the food products traceability, distribution, storage, food preparation and service areas, for food services provided by RAGOC and for street food vendors around sports facilities as well. In addition, the Ministry of Public Health pays special attention to the quality of drinking water and the safety of food and meals served.

### 8.1.3 Waste Management:

Special controls and monitoring are also implemented to medical waste, potentially



infectious, general drainage and wastewater facilities, as well as the waste tanks location, according to the prerogatives of each department to ensure the required waste collection conditions and the proper functioning of liquid sanitation systems.

#### 8.1.4 Control of nuisance vectors and diseases:

Multisector collaboration helps to fight against vectors of nuisance and diseases thanks to an integrated management of vector control.

## 8.2 COVERAGE OF PUBLIC HEALTH RISKS:

### 8.2.1 Monitoring and health safety system in airports:

Coverage of public health risks at the Moroccan territory entry points is provided at the international airports of Casablanca and Rabat-Salé. The border health control teams (HCT) are deployed throughout the arrivals and departures of the participants of the 2019 African Games.

These teams provide:

- Epidemiological monitoring and surveillance with compulsory reporting of notifiable diseases;
- Medical assessment of any suspected case coming on from areas affected by epidemics;

- Secure transport of travellers with signs of highly pathogenic germs infectious diseases to dedicated health care facilities;
- Counselling travellers from countries affected by epidemics (Zika virus disease, Ebola virus disease...).

### 8.2.2 Monitoring and health safety system in host cities:

A system for monitoring, epidemiological surveillance and response to public health emergencies is set up with:

- Positioning of rapid response teams 24 hours a day;
- «Active» epidemiological surveillance of potential epidemic diseases and immediate notification of any unusual health event through:
  - › Implementing a syndromic epidemiological surveillance system for diarrhea, respiratory syndromes, febrile syndromes and haemorrhagic syndromes;
  - › Strengthening the diagnostic activities of infections with highly pathogenic germs;
- Deployment of mobile negative pressure isolation rooms;
- Deployment of ambulances and means of transport complying with biosafety and biosecurity standards.



### 8.3 MONITORING AND HEALTH SAFETY STRUCTURES:

Several departments are involved whether directly or indirectly in the monitoring and health safety, namely:

- Department of Epidemiology and Disease Control, responsible for steering and coordinating national surveillance and response plans for public health emergencies
- National Institute of Public Hygiene with reference laboratories for infectious diseases
- Anti Poison and Pharmacovigilance Centre of Morocco (WHO Collaborating Centre on Pharmacovigilance);
- National Radiation Protection Centre (CNRP): Training centre accredited by the International Atomic Energy Agency (IAEA) and a major actor in radiological safety at the national level;
- Centre for Virology, Infectious and Tropical Diseases of the Mohammed V Military Training Hospital in Rabat;
- Centre for Isolation and Management of Highly Pathogenic Contagious Infections at Moulay Youssef Hospital in Casablanca;
- Pasteur Institute of Morocco with laboratories meeting the international level 3 of biosafety standards;
- Research and medical analysis laboratory of the Royal Gendarmerie "Fraternelle";
- National Laboratory for Drug quality Control with the Quality Label " ISO17025 " awarded by the European Directorate for the Quality of Medicines;
- Direction of Hospitals and Ambulatory Care through the National Blood Transfusion Centre ensures the availability of blood products in compliance with international standards with a quality assurance system set up at all Regional Blood Transfusion Centres.





09

INSURANCE  
COVERAGE



## THE RAGOC CONTRACTS AN INSURANCE POLICY FOR THE BENEFIT OF:

- PLAYERS AND ATHLETES PARTICIPATING;
- SUPERVISORS;
- ACCOMPANYING TECHNICAL STAFFS;
- VOLUNTEER.
- OFFICIALS

The 2019 Rabat African Games' insurance benefits will be valid for the period from July 5th to September 5th. Indeed, under this cover, the holder will cover the injuries, the accidents, occurred in airports, in accommodation places,

in competitions and trainings sites, and during the transport, as well as the transport to the clinic or referral hospital, hospitalization and death.



10

DOCTORS OF THE  
NATIONAL OLYMPIC  
COMMITTEES:  
REGULATIONS AND  
PROCEDURES



All the medical staff accompanying the NOC delegations must be declared on the list of NOC medical staff. This list must be sent by email to RAGOC by June 15th 2019 to the following address: med@jar2019.ma.

From August 12th to September 3rd 2019, NOC doctors will be allowed to practice medicine and to treat the members of their delegations, provided they have applied for temporary registration and have been approved by the relevant Moroccan authority.

Team doctors must register through their respective competent NOCs by completing the Physician Registration Forms (in English and French) and send them along with a certified copy of their authorization to practise medicine in their country, and a certified copy of the doctoral degree in general medicine and / or in sports medicine, before June 15th, 2019.

Physicians who fail to report to COJAR and / or provide a copy of their authorization to practise in their country cannot be accredited as NOC physicians. To reduce administrative time for the registration, the RAGOC makes available on the Games official website the necessary forms for all NOCs to fill in, sign and send back by e-mail

to the following address: med@jar2019.ma.

After completing the registration, the recognized team physicians will be able to provide general medical services for their own delegation members. They may also treat members of other delegations following prior written authorization.

NOC doctors will be able to issue RAGOC prescriptions and use drugs at the RAGOC's pharmacy. RAGOC doesn't assume any responsibility for the medical services provided by the doctors of the NOC team. Other NOC medical staff (including physiotherapists and nurses) will not need to register with the Moroccan authorities to treat members of their delegations.

In cases where it is necessary for a member of the NOC delegation to be transported to a hospital or clinic, the NOC doctor may accompany the patient and discuss the treatment with the hospital medical team.





## NOC DOCTOR'S CONTACT INFORMATION FOR THE 12<sup>TH</sup> EDITION OF THE AFRICAN GAMES RABAT 2019

This is a fundamental principle of the Rabat 2019 African Games Organizing Committee, to ensure that all NOC physicians receive the most possible accurate updated information.

Therefore, NOCs are invited to designate officially their doctor within their organization and send his/her details by e-mail to the following address: med@jar2019.ma before June 15th, 2019.

NOC DOCTORS FOR RABAT 2019AFRICAN GAMES	
NOC	
Mrs / Miss / Mr	
Name	
First name	
Passport number	
Medical specialty	
Year of the diploma	
Previous experience	
E-mail	
Mobile phone	
Address	
Preferred language (English or French)	

Please note that only certified copies in accordance with the authorization to practice in native country and doctorate in general medicine and / or sports medicine are required for the registration in one of the three languages: English, French or Portuguese. The translations

in any of the three languages are accepted but must be accompanied by a copy of the original document.

I, the undersigned, as President of the NOC and / or Secretary General and / or Head of Mission, that the following information is accurate.

Surname / first name (in capital letters) :.....

Signature of NOC President / Secretary General / Head of Mission

Date and place :.....



11

IMPORTATION OF  
MEDICINES AND  
MEDICAL EQUIPMENT



The members of the NOC delegation can bring to Morocco medicines for their personal use without notification obligation to Customs. It is recommended that passengers travelling with their medicines to bring along with them a prescription written by a doctor.

For drugs and / or equipment dedicated to the NOC members or to other NOCs with which they have signed an agreement, the NOCs will have to consult the official Games website to download and fill in the application form for medication entry and / or medical equipment (in English, French) and send it by e-mail to the following address: [med@jar2019.ma](mailto:med@jar2019.ma) by 15<sup>th</sup> June 2019. The lists of medicines must specify, for each product, the contents in terms of active ingredients, their main components, their commercial names, the quantity of product in units and the concentration of the substances.

All medical, cosmetic, and food products must have their original packaging and be clearly labelled in their packaging until they are used.

Athletes who need to bring their own medications must submit the necessary documentation and, if applicable, the therapeutic use authorization in compliance with the World Anti-Doping Code.

RAGOC is not responsible for the storage of products imported by the NOCs.

Any NOC will be solely responsible for any loss or damage to all equipment and other property that NOC medical staff has brought to the RAGOC premises.

NOC doctors must keep a copy of the list of medicines and medical equipment (in English and French) for the health authorities' inspection.





# FORM OF PHARMACEUTICAL PRODUCTS

PLEASE SIGN AND RETURN  
THIS FORM BY EMAIL: MED@JAR2019.MA

NOC : ..... NAME : .....

DATE : ..... Medecine Importation :

	PHARMACEUTICAL SPECIALTY	(INTERNATIONAL NON-PROPRIETARY NAME (INN))	GALLENIC FORM
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			
15			
16			
17			

NOC SIGNATURE : .....



# FORM OF PHARMACEUTICAL PRODUCTS

PLEASE SIGN AND RETURN  
THIS FORM BY EMAIL: MED@JAR2019.MA

Collective Bagage

Cargo:

	POSOLOGY	UNIT	QUANTITY / UNIT
01			
02			
03			
04			
05			
06			
07			
08			
09			
10			
11			
12			
13			
14			
15			
16			
17			

HEAD OF MISSION SIGNATURE : .....







ALLO  
CHIKAYA ASSIHA  
**080 100 53 53**



ALLO  
SAMU  
**141**



ALLO VEILLE  
ÉPIDÉMIOLOGIQUE  
**080 100 47 47**

ALLO INTOXICATION  
**080 100 01 80**  
**0537 68 64 64**

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**150**

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IN CASABLANCA  
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**190**

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ROYAL AIR MAROC  
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ROYAL  
GENDARMERIE  
**177**

ONSSA  
RELATION CENTRE  
**+212 (0)537 77 19 02**

AIR FRANCE  
**08 90 20 18 18**

MEDICAL EMERGENCIES  
SAMU IN MOROCCO  
**141**

ANTI POISON AND  
PHARMACOVIGILANCE CENTRE  
IN RABAT  
**080 100 01 80**

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CASABLANCA  
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RABAT- SALÉ  
AIRPORT  
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