



# Application assistance for requesting dispensation on medical grounds for participation in the 4Days Marches

## Introduction

This application assistance is intended for walkers who wish to apply for dispensation on medical grounds. It is an elaboration of the dispensation policy of Stichting DE 4DAAGSE.

It provides information for the applying walker and their healthcare provider to correctly apply for dispensation.

The following are described:

- Distance dispensation
- Not having to wear a wristband
- Participation in a wheelchair while maintaining rewards
- Permission for a walking companion for medical reasons
- When dispensation is not granted

In case of an interpretation dispute, the dispensation policy is decisive.

## Information for the doctor/healthcare provider

Your patient or client wishes to apply for dispensation on medical grounds for participation in the 4Days Marches and requires medical information for this purpose. This application assistance explains under what conditions dispensation can be granted.

**Please note:** you are not asked for a medical statement about the dispensation but for factual medical information about your patient's or client's condition.

The medical advisor of Stichting DE 4DAAGSE evaluates the application and medical information and issues the medical statement. If necessary, this doctor will assess the walker directly, in accordance with the KNMG's medical statement policy. The statement must include the date, name, signature, and BIG number (if applicable) of the healthcare provider.

It is possible to receive dispensation for one or more years, depending on the condition of your patient or client. As of 2024, the 4Days Marches can also issue permanent dispensation statements for conditions where recovery is not reasonably expected. This is to avoid repeated statements for incurable conditions, such as traumatic leg amputation or brain damage.

## Dispensations

### 1. Distance Dispensation of 10 km, not possible for walkers already walking 30 km

Due to intellectual disabilities:

- Intellectual disability, measured by IQ (<75), limited self-sufficiency, diagnosed before the age of 18;
- Intellectual disability where the functioning is comparable to a congenital intellectual disability with an IQ <75, caused by acquired brain injury, aging, or disease, including types of dementia.

**Note:** this is not a Paralympic class but a comparable condition for which the 4Days Marches may grant dispensation.

*To be provided: medical information from the treating doctor or therapist (psychologist, orthopedagogue, or similar) indicating that the above is the case.*

Due to chronic loss of function in the lower limbs, such as:

- Reduced (missing) muscle strength due to conditions like spinal cord injury, spina bifida, or polio;
- Limited joint mobility (joint hypermobility or instability and acute limitations, such as arthritis, are not eligible for dispensation);
- Limb amputations due to trauma or illness, or congenital limb deficiencies;
- Significant limb length discrepancy, congenital or trauma-related;
- Dwarfism (Achondroplasia);
- Hypertonia, such as Cerebral Palsy (spasms), characterized by abnormally high muscle tone and a reduced ability to stretch muscles. This can result from illness or injury affecting the central nervous system. When the condition occurs before the second year of life, it is often referred to as Cerebral Palsy, though it can also be caused by brain damage, brain hemorrhage, or multiple sclerosis;
- Ataxia, various disorders affecting balance and movement coordination, which can develop similarly to hypertonia;
- Athetosis, a disorder affecting movement and posture, ranging from mild forms to severe motor dysfunction. It typically causes involuntary, uncontrolled muscle tension and slow, writhing hand and foot movements, leading to asymmetrical postures. This condition can also develop similarly to hypertonia.

*To be provided: medical information from the treating doctor indicating that the above applies.*

## 2. Not Required to wear a wristband

- Unable to wear a wristband due to a medical condition such as limb function loss or an allergy.

*To be provided: medical information from the treating doctor indicating that the above applies.*

## 3. Participation in a wheelchair with retained rewards

- You are fully dependent on a wheelchair due to chronic, incurable loss of function in both lower limbs.

*To be provided: medical information from the treating doctor indicating that the above applies.*

**Note:** dispensation is only possible if using a manual wheelchair for daily use (ADL) during the 4Days Marches. Sports wheelchairs of any kind are not permitted. A modern (lightweight) ADL wheelchair is allowed. ADL wheelchairs, as intended here, are hoop-driven wheelchairs (with folding or fixed frames) with standard hoop-wheel ratios. A profile or rubber covering on the hoop is permitted.

## 4. Permission for a walking companion for medical reasons

Due to intellectual disabilities:

- Intellectual disability, measured by IQ (<75), limited self-sufficiency, diagnosed before the age of 18;
- Intellectual disability where the functioning is comparable to a congenital intellectual disability with an IQ <75, caused by acquired brain injury, aging, or disease, including types of dementia. Note: This is not a Paralympic class but a comparable condition for which the 4Days Marches may grant dispensation.

*To be provided: medical information from the treating doctor or therapist (psychologist, orthopedagogue, or similar) indicating that the above is the case.*

Due to visual impairment:

- Visual impairment in sharpness, field of vision, or (color) perception.

*To be provided: medical information from the treating doctor indicating that the above applies.*

## When dispensation will not be granted

The following conditions do not qualify for dispensation in a Paralympic category and will not be granted by the 4-Day March:

- Pain or fatigue;
- Auditory impairment;
- Low muscle tone;
- Joint hypermobility;
- Joint instability, such as an unstable shoulder joint or recurring dislocations;
- Limitation in muscle endurance;
- Limitation in motor reflex functions;
- Limitation in cardiovascular functions;
- Limitation in respiratory functions;
- Limitation in metabolic functions;
- Tics, behavioral, and psychosocial limitations;

**Note:** this list of limitations is not exhaustive.

## Good to know

- Dispensation for an earlier start time on medical grounds will no longer be granted;
- No dispensation will be granted for Paralympic categories not mentioned in the 4Days Marches Dispensation Policy.