



For the attention of the General Practitioner [GP]

[Maccabi GB](#) is the main sports, health & wellbeing provider in the Great Britain Jewish Community; the Charity (Registered Number 1098206) is dedicated to promoting Jewish identity and community through sport, health, and wellbeing activities. As part of its commitment to fostering international sporting excellence, Maccabi GB selects and supports athletes to represent Great Britain in the Maccabiah Games. Often referred to as the "Jewish Olympics," the Maccabiah Games are an internationally renowned multi-sport event held every four years in Israel, bringing together thousands of Jewish athletes from across the globe. Participation in these Games as a member of Team Maccabi GB is a prestigious opportunity, requiring a high level of physical fitness and commitment. To ensure the athlete's readiness for this rigorous competition, we kindly ask for your assistance in confirming their medical fitness to participate.

Below you will find some accompanying notes informing you of the various elements that form the experience of taking part in the Maccabiah Games, as well as a brief medical questionnaire for you to complete for your Patient. The Maccabiah Games is a 17-day long sports competition and social event; we kindly ask you to consider not only the physical fitness of your patient – who will take part in intense sport competition in their discipline – but also their mental health and wellbeing and the responsibility that Maccabi GB has when taking young people abroad, the Charity's role as 'Loco Parentis' and any other physical or mental health information you believe should be shared in order to ensure our participant [your patient] can participate fully in the event.

This Medical [GP] report is one aspect of a broad set of medical details that Maccabi GB gathers as part of its medical and welfare processes to ensure safe and responsible participation in the event. All participants undergo screening on behalf of the Charity's Medical Committee, and the Medical Committee might require further information from yourself, or other specialist medical professional who is supporting your patient.

Schedule

The Maccabiah Games takes place in Israel, in July 2025. The trip is a total of 17 Days and the schedule of the event is extremely complex, with daily sport competition, evening events, parties and activities, social engagements and educational programmes, such as trips / tours and physically demanding recreational activities (eg. Rafting, swimming, light hikes etc.)

Weather

Israel has **hot**, dry summers and temperatures can reach up to 40-42 **degrees Celsius**. Depending on your patient's sporting discipline, they might compete outdoors, at all hours of day and with little to no shade [there is strict consideration for the dangers of Heat Stroke as part of the organisation of the event]. There might be trips and tours, all taking place outdoors. Hats are mandatory for all participants, and Maccabi GB takes hydration extremely seriously.

Food

Set mealtimes vary from day-to-day. Breakfasts is always in the accommodation hotel, it includes large buffets with salads, cheeses, breads, tuna, eggs, yoghurt. Lunch & Dinner are in other locations, and meals generally consist of Meat or Fish [with Vegetarian and Vegan options] and large buffets with salads, etc. On day trips and tours packed lunches are provided, including sandwiches, fruits, etc. All participants will be dining in communal dining halls.



Accommodation

Participants will be living in double or triple rooms with other members of their squad / team. This can be challenging in terms of personal space and stress management.

Physical Demands

The nature of the programme means that Participants often sleep less than they are used to. The days are very long and packed full of activities and exercise and lack of sleep is possible. Participants will be taking part in sports competitions and matches will be played outside, with little or no shade and may be in the middle of the day. Participants will be expected to play sport on consecutive days. Both the sport and recreational/social aspects are physically demanding. There are recreational activities which include varying levels of physical activity including swimming, being on the bus, attending parties, museums, learning through artwork and personal stories, but rarely in a classroom setting. **It is essential that Participants can fully participate in every element of the Programme.**

Social Aspect

The Maccabiah Games is overwhelmingly a social experience. Participants share rooms with different people and are in different groups for different activities; mass-events such as an Opening Ceremony in a stadium with 50,000 people are central components to the experience, bringing our participants to extremely loud stimulating environments. It is an incredibly formative trip, but it can also be a highly pressurised environment, where on top of physical demands, social demands and the competitive nature of the sport competition can give rise to stressful and pressured scenarios and can be an 'emotional rollercoaster'. Please note, in recent years we have found a growing number of young people whose non-disclosed poor mental health, have resulted in their early departure from the programme. Please take this into account when making your assessment of their suitability for participation. For Maccabi GB, knowing about every physical and mental health condition of your patient enables us to plan accordingly, prepare care-plans for their participation and make all the reasonable adjustments we are able to make to support their full participation in the event.

Summary

In summary, we kindly ask for your assistance in completing the attached medical questionnaire and providing any relevant details regarding your patient's physical and mental health. Your assessment will help us ensure their safety, wellbeing, and ability to fully participate in the Maccabiah Games. Please do not hesitate to include additional information or contact us should you require further clarification or wish to discuss any aspect of their fitness for this event.

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