

Medical certificate swissultra 2019

The medical certificate has to be handed over to the event organiser during the briefing together with the signed waiver of liability. Without the medical certificate and the signed waiver of liability an athlete will not be allowed to participate in the race. This is also part of the IUTA rules article 4.

Competition: **Deca Ultratriathlon ONE PER DAY (10x1)**
Date and city: 22. – 31. August 2019, Buchs SG (Switzerland)
Description: The Deca ultratriathlon ONE PER DAY is a race over a total distance of 2'260 kilometers. The athletes have to complete one Ultratriathlon each day for 10 consecutive days: 3.8km swim, 180km bike and 42.2km run.
Time limit: 20 hours each day for 10 consecutive days

This document confirms that Mr / Ms

born on (date of birth):

is physically healthy and from my professional opinion as a medical doctor, he / she presents no signs of any significant health issues warranting that he / she abstains from taking part in the Deca ultratriathlon ONE PER DAY (3.8km swim, 180km bike and 42.2km run each day for 10 consecutive days).

Place, date (must be within the last 12 months before the first day of the event):

Signature of the medical doctor:

Signature of the athlete:
