



36 Hour Competition Exemption – Medical Permission & Waiver Form

Triathlon BC and the ITU rules expressly prohibit racing two events within a 36 hour period, if one of those events is a standard distance race or longer. The ITU Medical Committee has provided the following information:

“Triathletes do “extreme amounts of exercise”. Some empirical as well epidemiological data suggest that such excess may be associated with DNA modulation, increase of cardiovascular or pulmonary events and/or impaired immune status; immune suppression can occur within the post-race recovery and also rhabdomyolysis and sometimes acute renal failure.

Considering the literature data about the relationship between the saturated competition programme and the potential health consequences some authors observed a significant relationship between the numbers of races per season/participation in competition/time spent competing and the overuse injury incidence.

Also, the experience in the field suggests to reduce the number of races each year, particularly for the Youth and the Age Group athletes, and to have a correct amount of recovery between each race.”

Medical Permission

I have read the information provided by the ITU Medical Committee. I am satisfied that

(name of patient in print) _____ can compete in two or more events, one of which is a standard distance or longer, within a 36 hour period, without undue risk.

Print name of Doctor and signature Date

Waiver

I, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Triathlon BC organized events and participating in two or more events in a thirty-six (36) hour period, one of which is a standard distance or longer. I understand and acknowledge that there is an increased potential for injury and death by competing in these events.

In witness, thereof, I have hereunder set my hand this Day _____ of _____, 20__

Printed Name Signature

Witness Name Witness Signature