



MEDICAL CERTIFICATE

The undersigned Doctor

Address.....

Medical agreement registration number.....

Certify having today duly examined Miss/Madam/Sir:

and declare that he/her doesn't show any contra-indication to the practice of running in competition in a natural environment, during 5 stages of 40 km (approximately) with positive difference of level of 1500 m (approximately) on the Trail "La Transtica in Costa Rica.

Date and venue:

Stamp and signature:

Attention please:

This medical certificate must have been issued less than 3 month before the registration date.



MEDICAL FILE

Name: First Name

Address:

Zip Code: City:Country:

Date of birth:/...../.....

Sex: female male

Full height: Weight (in kilos): Blood Group:

Position on the race ?

- Competitor Guest Media Organisation

Medical history: Did you get any medical problem which required elaborate examination, long treatment or hospitalisation?

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.....

Surgical history: Have you ever been operated and/or anaesthetised ? If yes, when and why, on which occasions?

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.....

Allergic past records:

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.....

Current treatment: Are you on any kind of medication ? If yes, please specify the treatment?

.....
.....

Do you wear ?

- Glasses: Yes No
- Contact Lenses: Yes No
- Prosthesis: Yes No



Are you in conformity with vaccinations?

- DT Polio: Yes Date
 No
- Hepatite A: Yes Date
 No
- Hepatite B: Yes Date
 No
- Typhoid: Yes Date
 No
- Others: Yes Date
 No

Do you have first aid knowledge ?

- Yes Which grade ?
- No

COMMENTS:

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.....

IN CASE OF ACCIDENT:

Repatriation contract, medical evacuation N°:.....

Name of your insurance company:

Phone:

Name of your doctor:

Phone:

Contact name in case of emergency:

Phone:

Date

Signature



Please handwrite the mention « Certified real and true »

FIRST AID AND SAFETY KITS

The medical team of "La Transtica » encourages you to take advice from your pharmacist and doctor to help you to make up your own medical kit. This medical information resulting from our experiment is being given only on a purely informative basis.

In order to be able to wait the arrival of the medical team (doctor or first aid) or to reach the nearest medical point, the regulation of "la Transtica" is requesting from each competitor to have permanently in his race bag a first aid kit and a personal safety kit.

These kits should be as light as possible and should include:

1- PERSONAL FIRST AID KIT

Solar protection (cream, lips stick).
Disinfectant solution (as chlorexydine).
Compresses, bandage, adhesive strips.
Individual bandage.
Elastoplasts.
Scissors, needles, cut nails.
Double skin (standard biofilm, urgomed).
Sachet of impregnated alcohol towels.
Aspirin to be crunched.
Sachet of sterile strip.

All should fit in a food watertight box dim: L: 150mmXl: 105mmXh: 58mm for a weight of 400 G full.
You can also use 24x36 films boxes and to waterproof the box rubber bands cut in an old tire tube.

2 – PERSONAL SAFETY KIT

A survival cover.
Long high and low clothing.
Energy bars.
1 head light.
1 whistle.
1 small box of matches.
1 knives (advised "Swiss" standard).