

# **Alberta Triathlon - Racing Within 36 Hours – Medical Permission and Waiver Form**

Alberta Triathlon and the ITU rules expressly prohibit racing two races within a 36-hour period if one of those races is a standard distance race or longer. If you wish to race, then you must a) receive medical permission to do so and b) personally assume the risks inherent in such an action.

The ITU Medical Committee has provided the following information:

*Triathletes do “extreme amounts of exercise”. Some empirical as well epidemiological data suggest that such excesses may be associated with DNA modulation, an 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 a reduction to the number of races per year, particularly for the Youth and the Age Group athletes, and to have a proper recovery between races.*

Dr. Sergio Migliorini M.D,  
Sports Medicine Specialist in Physical Medicine and Rehabilitation  
ITU Medical Committee Chair  
FIMS Interfederal Medical Commission  
Runner’s World Italy Medical Contributor

## **Medical Permission**

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

(name of patient) \_\_\_\_\_ can race two or more races, one of which is a standard distance or longer, in a 36-hour period without undue risk.

\_\_\_\_\_  
Print name of Dr. 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 Alberta Triathlon 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 Alberta Triathlon 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