

Medical certificate swissultra 2023

The medical certificate has to be handed over to the event organiser during the briefing together with the signed waiver of liability or be sent in advance to info@swissultra.ch. Without the medical certificate and the signed waiver of liability an athlete will not be allowed to participate in the race.

Competition: **Quintuple Ultratriathlon ONE PER DAY (5x1)**
Date and city: 28. August – 1. September 2023, Buchs SG (Switzerland)
Description: The Quintuple ultratriathlon ONE PER DAY is a race over a total distance of 1,130 kilometers. The athletes have to complete one Ultratriathlon each day for 5 consecutive days:
3.8km swim, 180km bike and 42.2km run.
Time limit: 20 hours each day for 5 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 Quintuple ultratriathlon ONE PER DAY (3.8km swim, 180km bike and 42.2km run each day for 5 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:
