



Medical certificate

Doctor : _____, doctorat in medicin

Hereby certifies that, having examined :

shows no clinical signs against practising the following sports in competition:-

- Mountain Biking
- Running
- Walking
- Swimming
- Rafting and kayaking
- Canyoning
- Caving
- High Mountain altitude (Altitude maxi 3500m)
- Rope handling (climbing)

Known allergies :

Examined at _____ on (date)

Signature and stamp

- *Multisport raids are the linking of non mechanical, nature sporting activities.*
- *They are mainly made up of running, mountain biking, canoeing/kayaking. Distance and height (altitude) can vary considerably from one event to another.*
- *It is thus recommended for participants to clearly describe to their doctor the nature of the raids in which he/she is going to participate.*