



ADVENTURE RACING WORLD CUP

16 to 20 sept
2015

Medical Certificate

Doctor: _____, doctorat in medicin

hereby certifies that, having examined:

shows no clinical signs against practicing the following sports in competition:

- × Mountain Bike
- × Running
- × Walking
- × Swimming
- × Kayaking
- × Canyoning
- × Caving
- × 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.*