



GUIDELINES FOR THE COMPLETION OF THE MEDICAL FORMS FOR THE WORLD TRANSPLANT GAMES 2015 (MF1)

Before competing in the World Transplant Games it is expected that your general health and fitness are stable as judged by your **Transplant Follow-up Doctor** and conform to the criteria outlined below. Your health is to be measured by the tests performed by your **follow-up doctor** and if necessary your **follow-up cardiologist** or a **sports doctor**. You are responsible for maintaining your own training program, preferably in conjunction with a Club membership and a sporting advisor/coach.

You should adapt your training program to match your sport. The 3 stress levels are shown below:

Low Level Stress	Medium Level Stress	High Level Stress
<input type="checkbox"/> Walking	<input type="checkbox"/> Table Tennis	<input type="checkbox"/> Track Athletes
<input type="checkbox"/> Golf	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Badminton
<input type="checkbox"/> Petanque/Boule	<input type="checkbox"/> Field Athletes	<input type="checkbox"/> Cycling
<input type="checkbox"/> Bowling – 10 Pin		<input type="checkbox"/> Swimming
<input type="checkbox"/> Tejo		<input type="checkbox"/> Tennis
		<input type="checkbox"/> Road Race
		<input type="checkbox"/> Squash

Documents I need to provide:

A. All transplant recipients regardless of the chosen sport must complete and forward the following documents to their Team Manager:

a. A signed and verified Statement by the Participant (Form MF2) giving details of your regular training program.

b. **Medical Certificate** (Form MF3) signed by your **Transplant Follow-up Doctor**, confirming your general state of health, based on the usual tests undertaken by him/her. This document must be dated no earlier than 6 months before the Games.

c. A summary of your **Medical Records** (Form MF4) showing the most recent information signed by your **Transplant Follow-up Doctor**.

B. In addition, if you are participating in a medium or high level stress sport and are over 40 years of age, or have a history of coronary artery disease, the Medical advisors of WTGF strongly recommend that you undertake the following medical tests:

a. A Cardiac Stress Test/Stress ECG and blood pressure measurements dated no earlier than 6 months prior to the Games.

b. Your **Cardiologist** who has overseen the stress test should be requested to complete the Medical Certificate (MF3) in its entirety, certifying that he/she agrees that it is safe for you to compete in your chosen sports and listing those sports specifically.

c. Please enclose the results of your stress test which is provided by your **Cardiologist**.

Notes for the Transplant Consultant responsible for the health of the recipient athlete

The Medical Committee of WTGF would wish to draw your attention to the specific physical requirements of the World Games and to the absolute need to guarantee the safety of all transplant athletes. Therefore, in advance of the Games, we expect the stress test and Medical Certificate (MF3) to play a large part in our decision to allow an athlete to compete. We rely on your co-operation and generosity in providing the required complete medical documentation and signature. The WTG authorities, in liaison with the Local Organizing Committee Members are responsible for the medical cover of all sporting venues during the Games. Therefore, the LOC Medical Committee, on behalf of the WTGF, requires that the updated medical dossier be received before an athlete can compete in the games.

Thank you for your cooperation and understanding.

WTGF2015/MF1