

On the day of the tournament Health Checking Sheet

Race Number:

Name :

⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒

**Please mark the competition
you intend to join.**

⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒⇒

Sprint ☐		Paratriathlon ☐		S500 ☐	S250 ☐
Relay	Swim ☐		Bike ☐		Run ☐
Family Relay		Swim Run ☐		Bike Run ☐	
Aquathlon ☐					
Pair Aquathlon		Swim ☐		Run ☐	
Duathlon ☐		Junior Duathlon ☐		Kids Duathlon ☐	

■ Do you have any medical history ? ☐ Yes ☐ No

- | | | |
|---|-------------------------------------|-----------------------------------|
| ① Do you have a fever? | ☐ Yes | ☐ No |
| ② Do you feel tired? | ☐ Lazy | ☐ Not lazy |
| ③ Did you sleep well last night? | ☐ not enough | ☐ enough |
| ④ Do you have an appetite? | ☐ No | ☐ Some |
| ⑤ Do you have a diarrhea? | ☐ are you | ☐ do not |
| ⑥ Do you have a headache or a chest pain? | ☐ Some | ☐ No |
| ⑦ Do you have pain in your joints? | ☐ Some | ☐ No |
| ⑧ Do you have any stress or fatigue from your work or life? | ☐ Some | ☐ No |
| ⑨ Do you still feel tired from previous tournament you attended to? | ☐ Some | ☐ No |
| ⑩ Do you have any problem to do triathlon? | ☐ Some | ☐ No |
| ⑪ Do you abandon the race immediately if you become in bad condition? | ☐ No | ☐ Yes |

If you mark on the left side even once, please talk to the doctors at first-aid stations. In some cases, you might have to cancel your attendance.

Warnings during the race

- Excessive breathing and exercise can lead you heart attack. Please keep your own pace.
- Please make sure you drink enough water
- If you feel wrong with your condition, you should be able to stop ASAP
- Final spurt can be really harmful to your heart, so let's finish with some energy to spare.

Medical Checking Memo (please leave it blank for the Medical staff)

健康相談 有無	スイム スキップ	リストバンド赤 (要注意)	リストバンド 黄 (既往歴)	医師の アドバイス	アドバイスの内容
有・無				有・無	

I will take part in this event with my own responsibility after receiving advice from the medical staff.

Signature _____