



## MEDICAL CERTIFICATE

Diagonale des fous :27th edition-Trail de Bourbon 20<sup>th</sup> edition  
Mascareignes 9th edition Zembrocal trail 3th edition- October 17th to 20th 2019

### COMPETITOR'S DECLARATION

I hereby certify :

- That I do not take any doping substance to participate in this race..
- That I know the length and specificities of this trail which takes place in Reunion Island, mostly in mountainous terrain, in conditions that can prove excruciating (humidity, temperatures varying from 0° to 30° Celsius and at altitudes ranging from 0 to 2500m!). It requires not only an excellent physical condition but also a proven capacity to self autonomy.
- That I have informed my GP about the specificities of this race and given him all information regarding my physical condition.
- That I have familiarized myself with the conditions under which medical assistance is provided and that I have read the medical advice given next page (10 Golden rules).

Date : Participant's surname and Christian name:

Place:Signature:

### MEDICAL CERTIFICATE

Doctor's name :.....

Surgery address:.....

Postal code :..... Town:..... Country:.....

1- I certify that, after examination,

Mr./ Mrs./ Miss :

Surname :..... Christian name :..... Date of birth : ...../...../.....

2-Presents no medical contraindication to taking part in competition of the following long distance mountainous trails:

Diagonale des fous

Trail de Bourbon

La Mascareignes

Zembrocal trail Name of your team :

What is your relay (1st, 2<sup>nd</sup>, 3rd or 4th)?:

3-I have read the medical recommendation given in the following page.

Date :

Doctor's seal :

Place:Signature :

**Please note that failure to return this medical certificate dully filled in and dated between 01/06/2019 and 15/09/2019 will disqualify any registered competitor from getting his /her bib and from starting the race. This certificate must be downloaded on your space runner or returned by e mail or post before 15/09/2019 to :**

**Association Grand Raid – 168 rue du Général De Gaulle – 97400 St Denis (France).**



## « LA DIAGONALE DES FOUS »

### MEDICAL RECOMMENDATIONS

Respect of these “10 Golden Rules” is essential to enjoy a good sporting life.

1. **Training:** prepare yourself several months before the competition and practice long distance outings on hilly terrain. Warm up before any exercise. Stretch before, during and after exercising.
2. **Hydration:** drink plenty (before, during and after training) without waiting to feel thirsty (drink every 15' up to 1 liter per hour).
3. **Food:** always carry some food with you. Eat regularly, even without feeling hungry.
4. **Injuries:** do not start the race if you have any physical weakness (muscle, bone, ligament...) Things will only get worse as km go by!
5. **Infection:** no hard training in case of fever. Rest for a week after flue (there is a risk of heart attack or muscular problems).
6. **Medicines:** During the race the intake of some medicine can produce side effects such as muscular or kidney problems. Check with your GP.
7. **Anti doping policy :** taking any doping substance is forbidden and liable to prosecution. The complete list of forbidden drugs is available on [www.afld.fr](http://www.afld.fr). If, in the case of prolonged medical treatment one must use a forbidden product, one must get the authorization from the “Medecin referent”.
8. **Tobacco:** Smoking damages one's health. It is particularly dangerous to smoke 1 hour before exercising and less than 2 hours afterwards.
9. **Symptoms to check during the race :** See a doctor if you experience pain in the chest, irregular heartbeat, unusual panting and a feeling of sickness during or after the race.
10. **Symptoms after the race:** see a doctor in case of dark urines ( or no urine), blood in the feces, oedema after air travel...

Do not hesitate to consult a physiotherapist, a chiroprapist, a nutritionist before the race. Get yourself familiar with training programs and physical and mental preparations. These are no small details when preparing such a trail.

### MEDICAL ADVICE

Regarding the no contraindication visit, it is advisable to get done a resting ECG and a test of effort.

The complete list of doping products is available on :

- Société Française de médecine du Sport (SFMS) : [www.sfms.asso.fr](http://www.sfms.asso.fr)
- Société Française de Cardiologie : (SFC): [www.sfcadio.fr](http://www.sfcadio.fr)
- Club des cardiologues du sport (CCs) : [www.clubcardiosport.com](http://www.clubcardiosport.com)
- Agence Française de Lutte contre le Dopage (AFLD) : [www.afld.fr](http://www.afld.fr)