



MEDICAL CERTIFICATE 2024

Diagonale des fous :32 th edition-Trail de Bourbon 25th edition
Mascareignes 14th edition Zembrocal trail 8 th edition- Métis trail 1th édition
October 17th to 20th 2024

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-To have observed no medical contraindication to the practice of a physical activity IN COMPETITION of very long distance in the mountains and to its participation in the following race.:

Diagonale des fous

Trail de Bourbon

Mascareignes

Métis Trail

Zembrocal trail Name of your team :

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

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

Date : Doctor's seal :

Place: Signature :

IMPORTANT: THE ASSIGNMENT OF THE BIB NUMBER IS SUBJECT TO THE PRODUCTION OF THIS CERTIFICATE. No registered competitor will be able to receive their bib and take the start under cover of the GRAND RAID Association without the production of the certificate downloadable in your runner space duly completed between 01/05/24 and 31/08/24.

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. 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 chiropodist, 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
- Société Française de Cardiologie : (SFC): www.sfcadio.fr
- Club des cardiologues du sport (CCs) : www.clubcardiosport.com
- Agence Française de Lutte contre le Dopage (AFLD) : www.afld.fr