

# **2019 135-mile Mount Everest Extreme Cross-country Race-Medical Statement**

All competitors of 2019 135-mile Mount Everest Extreme Cross-Country Race (hereinafter referred to as "competitors"), members of the working group, video team, medical care team and special guests (hereinafter referred to as "supporting staff") shall understand that outdoor competitions entail risks. The organizing committee has taken necessary security measures and on-site medical staff is ready to provide help. Due to individual differences and unexpected circumstances, accidental injuries in outdoor activities cannot be completely avoided. Competitors should be fully aware of possible physical injuries and risks in such outdoor activity. In the process of the competition, competitors need to ensure that they are psychologically and physically prepared before participating in the competition.

Competitors with the following diseases are disqualified from participating in risky outdoor activities: congenital heart attack, rheumatic heart disease, hypertension, cerebrovascular disease, myocarditis, coronary artery disease, severe arrhythmia, diabetes with too high or too low blood sugar and altitude stress. Competitors should have a full understanding of their own physical conditions before the competition. If unqualified competitors participate in the competition by hiding their real health conditions, they shall be fully responsible for any injury caused to themselves and/or others and bear all corresponding legal liabilities for losses caused to the organizing committee or any third party.

If competitors conceal any health condition that disqualifies them from participating in the competition, or fail to provide relevant registration information truthfully, or violate relevant regulations set by the organizing committee and disrupt the on-site order, or cause losses to

the organizing committee or a third party due to other improper behaviors, they shall bear all legal liabilities.

All competitors must be at least 18 years old and no more than 60 years old. The organizing committee shall not cover personal accident insurance for competitors during the competition. Competitors should purchase personal accident insurance by themselves. I understand that all insurance must be purchased by me.

I have read this statement, and the execution hereof shall be deemed that I have understood all the contents of this statement and accepted the statement in full. This statement shall also be valid for my heirs, relatives, executors, administrators and personal representatives.

Name (please write in block letters):

Competitor (signature)

### **2019 135-mile Mount Everest Extreme Cross-country Race-Medical Statement**

I am a doctor, and I understand that the competitors mentioned above will participate in the 135-mile Mount Everest Extreme Cross-country Race and that the participants will complete the entire 220 to 240 km ultra-high altitude cross-country running or high altitude fast crossing and hiking in the Everest area of Nepal within 150 hours. I hereby confirm that I have conducted medical and physical examinations on the competitors and have come to

the following conclusions:

The competitor is in good health condition and has no special medical problems. Medical staff of the competition please learn about this.

The competitor has the following medical problems. Medical staff of the competition please learn about these:

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Doctor' s signature\_\_\_\_\_

Date\_\_\_\_\_

Doctor' s name:\_\_\_\_\_

Doctor' s license number/certificate number:\_\_\_\_\_

Date:\_\_\_\_\_