

WORLD TRIATHLON PPE QUESTIONNAIRE - ENGLISH

The information disclosed in this document is strictly confidential and should remain between doctor and patient. The results of the screening should be transmitted solely to the athlete and his/her legal representatives.

Any changes, distribution or duplication of this document is strictly prohibited.

Name	
Surname	
National Federation	
Date of birth	
Address	
Phone	
Email	

PERSONAL HISTORY	YES	NO
1. Have you ever fainted or passed out when exercising?		
2. Do you ever have chest tightness?		
3. Does running ever cause chest tightness?		
4. Have you ever had chest tightness, cough, wheezing which made it difficult for you to perform sport?		
5. Have you ever been treated/hospitalized for asthma?		
6. Have you ever had a seizure?		
7. Have you ever been told that you have epilepsy?		
8. Have you ever been told to give up sports because of health problems?		
9. Have you ever been told you have high blood pressure?		
10. Have you ever been told you have high cholesterol?		
11. Do you have trouble breathing or do you cough during activity?		
12. Have you ever been dizzy during or after exercise?		

PERSONAL HISTORY	YES	NO
13. Have you ever had chest pain during or after exercise?		
14. Do you get tired more quickly than your friends do during exercise?		
15. Have you ever been told you have a heart murmur?		
16. Have you ever been told you have a heart arrhythmia?		
17. Do you have any other history of heart problems?		
18. Have you had a severe viral infection (for example myocarditis or mononucleosis) within the last month?		
19. Have you ever been told you had rheumatic fever?		
20. Do you have any allergies?		
21. Are you taking any medications at the present time?		
22. Have you routinely taken any medication in the past two years?		

FAMILY HISTORY	YES	NO
Has anyone in your family less than 50 years old:		
23. Died suddenly and unexpectedly?		
24. Been treated for recurrent fainting?		
25. Had unexplained seizure problems?		
26. Had unexplained drowning while swimming?		
27. Had unexplained car accident?		
28. Had heart transplantation?		
29. Had pacemaker or defibrillator implanted?		
30. Been treated for irregular heartbeat?		
31. Had heart surgery?		
32. Has anyone in your family experienced sudden infant death (cot death)?		
33. Has anyone in your family been told they have Marfan syndrome?		

I certify that all information given is true and exact.

Athlete Signature	
Parent Signature	
Date:	

2020

Competition Rules

2.2 Outside assistance:

- a.) The assistance provided by event personnel or Technical Officials is allowed but is limited to providing drinks, nutrition, mechanical and medical assistance, upon the approval of the Technical Delegate or Head Referee. Athletes competing in the same competition may assist each other with incidental items such as, but not restricted to, nutrition and drinks after an aid station, pumps, tubular tyres, inner tubes and puncture repair kits;
- b.) Athletes may not provide any item of equipment to an athlete competing in the same competition which results in the donor athlete being unable to continue with their own competition. This includes but is not restricted to complete bicycle, frame, wheels and helmet. The penalty for this will be disqualification of both athletes.
- c.) An athlete cannot physically assist the forward progress of another athlete on any part of the course. This will result in both athletes being disqualified.

2.3 Drug Abuse:

- a.) Athletes and guides will follow the World Triathlon Anti-Doping Rules;
- b.) All athletes and guides are responsible for familiarising themselves with the World Triathlon Anti-Doping Rules including medical and doping control tests, testing obligations, rights, responsibilities and procedures, penalties and appeal processes, and prohibited substances and methods;
- c.) World Triathlon has implemented the World Triathlon Anti-Doping Rules and abides by rules set by the World Anti-Doping Agency (WADA) Code.

2.4 Health:

- a.) Triathlons and World Triathlon's other related multisports are strenuous. To be able to compete, athletes should be in excellent physical condition. Their health and welfare is of paramount importance. By starting in a competition, the athletes declare they are in good health and are in appropriate physical condition to complete the competition;
- b.) Time limits for the swim leg, bike leg and overall finish time may be established for each competition by the World Triathlon Technical Delegate. These limits must be published in the pre-event registration material;
- c.) World Triathlon encourages all the athletes to undergo a periodic health evaluation (PHE) and to undergo a pre-participation evaluation (PPE) prior to engaging in competitive sport. An annual PPE is mandatory for all athletes competing in Youth, Junior, U23, Elite and Para triathlon events from January 1st, 2018 in any World Triathlon event as outlined in Appendix J. More information about PPE can be found in Appendix Q.

2.5 Eligibility:

- a.) All athletes must be in good standing with their National Federations. To ensure this, for World Triathlon and Continental Confederation events, all the entries must be done by the National Federations, not by the athletes themselves;

38. APPENDIX Q: PPE – PRE PARTICIPATION EVALUATION

1. The PPE should consist of:
 - 1.1. Answer the Medical Questionnaire: this questionnaire is strictly confidential and must be given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the World Triathlon website.
 - 1.2. Physical Examination: by the doctor following the IOC recommendations published in the “Lausanne Recommendations” about the Sudden Cardiovascular Death in Sport Consensus.
 - a.) Cardiac auscultation:
 - Rate/rhythm
 - Murmur : systolic/diastolic
 - Systolic click
 - b.) Blood Pressure
 - c.) Radial and Femoral Pulses
 - d.) Marfan stigmata
 - 1.3. A 12 lead rest electrocardiogram (ECG). Doctor to look for anomalies in rhythm, conduction or repolarisation.
 - 1.4. Each National Federation must send one letter/certificate at the beginning of each season, signed by the National Federation representative, confirming that all athletes as outlined in 2.4.c have undertaken the PPE, who will enter in an World Triathlon event in the specific calendar year. This letter will have to be submitted manually, otherwise athletes from the specific National Federation will not be admitted to any World Triathlon event.