



## GUIDELINES FOR THE COMPLETION OF THE MEDICAL FORMS FOR THE WORLD TRANSPLANT GAMES (MF1)

Before competing at the World Transplant Games it is expected that your general level of health and fitness is stable as judged by your transplant doctor and in line with the different criteria for your particular transplant. That is, liver, kidney, heart, lung and blood function depending on which organ you have had transplanted.

Your general condition is to be measured by the tests performed by your doctor: your transplant doctor and eventually by a sports doctor or cardiologist and you are personally responsible for maintaining your own training program, preferably in conjunction with a coach.

You should adapt your training program to suit your individual choice of sport – there are 3 levels as shown below:

### Low Level

Walking  
Golf  
Bowling -5 Pin  
Bowling -10 Pin  
Lawn Bowls

### Medium Level

Table Tennis  
Volleyball

### High Level

Athletics  
Badminton  
Cycling  
Rowing  
Squash  
Swimming  
Tennis  
Mini-marathon

### What documents do I need to provide?

A. All transplant recipients regardless of the chosen sport must complete and forward to their Country Team Manager:

1. A signed and verified **Statement** (Form MF2) giving details of your regular training program.
2. **Medical Certificate** (Form MF3) signed by your follow-up doctor, confirming your general state of health, based on the usual check-ups and tests undertaken by him. This document must be completed less than 2 months before the Games.
3. A summary of your **Medical Records** (Form MF4) showing the most recent information signed by your transplant doctor.

B. In addition, if you are participating in a medium or high level sport the Medical experts of WTGF strongly recommend that you undertake the following medical tests:

1. Stress test with ECG and blood pressure measurements dated no later than 4 months before the Games for heart, lung and heart/lung patients, and 6 months for all other transplants.
2. Get your Heart Specialist or sports doctor who has overseen the stress test to complete the Medical Certificate (MF3) in its entirety, certifying that he/she sees no reason why you should not compete in the chosen sports and listing those sports specifically.
3. Enclose the results of your stress test.
4. For Lung Transplants, please provide a Respiratory Function test result.

### Notes for Transplant Doctors

The Medical Committee of WTGF would wish to draw your attention to the specific physical requirements of the World Games and to the absolute need to guarantee the safety of all transplant athletes.

Therefore, in advance of the Games, we expect the stress test and Medical Certificate (MF3) to play a large part in our decision to allow an athlete to compete and it is for this reason that we rely on your co-operation in the correct completion of the medical documents.

We take responsibility in liaison with the Local Organizing Committee for the medical cover for all sports venues during the Games and it is for this reason that the Medical Committee of WTGF insists on having sight of the updated medical dossier for each athlete.

**Thank you for your cooperation and understanding.**

## STATEMENT BY PARTICIPANT (MF2)

I \_\_\_\_\_ hereby certify that I take part in regular physical activity and sport as follows:

\_\_\_\_\_ Times per week for a minimum of \_\_\_\_\_ minutes per time.

(We recommend a minimum of 3 times per week for a period of 20 minutes per time)

I take part in the following sports for leisure:

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

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

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

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

I take part in the following sports competitively

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

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

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

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

Competitive level:

My current medication:

Name Frequency /24 hrs. Dose

1.

2.

3.

4.

5.

6.

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(Full Name)

(Signature)

(Date)