

# Guidelines for the Completion of Medical Forms



Before competing in the World Transplant Games it is expected that your general health and fitness are stable as judged by your transplant or follow-up doctor and conform to the criteria outlined below. Your health is to be measured by the tests performed by your follow-up doctor and if necessary your follow-up cardiologist or sports doctor. You are responsible for maintaining your own training program, preferably in conjunction with a sporting advisor/coach.

**You should adapt your training program to match your sport. The 3 stress levels are shown below:**

Low Level Stress	Medium Level Stress	High Level Stress
Golf	Table Tennis	Race Walking
Petanque/Boule	Volleyball	Athletics Track Events
Bowling – 10 Pin	Athletics Field Events	Badminton
Darts		Cycling
		Swimming
		Tennis
		Road Race
		Squash
		3 on 3 basketball
		Paddle Tennis
		Kayak

## Documents I need to provide:

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

- A signed **Statement by the Participant** (Form MF1) giving details of your regular training program, medication and your decision on data storage and research
- A signed **Medical Information** by your **transplant follow-up doctor** (MF2) on your updated clinical status including the usual test results. This document must be dated no earlier than 6 months before the Games.
- A Certification of Fitness of the participant to participate in the specific events (MF3) by your **transplant follow-up doctor** +/- your **cardiologist** (as stated in B below).

B. If you are a cardiac or lung transplant, or have a history of coronary artery disease, or participating in a medium or high level stress sport and are over 40 years of age, the medical advisors of WTGF strongly recommend that you undertake a Cardiac Stress Test/Stress ECG and blood pressure measurement dated no earlier than 6 months prior to the Games. Your cardiologist who has overseen the stress test should complete the lower part of the MF3, certifying that he/she agrees that it is safe for you to compete in your chosen sports. Please enclose the results of your stress test provided by your cardiologist. If you cannot perform the stress test as recommended, please sign up the Part C of the MF3.

## Notes for the Transplant Consultant responsible for the health of the transplant athlete

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 information (MF2 and MF3) to play a large part in our decision to allow an athlete to compete. We rely on your co-operation and generosity in providing the required complete medical documentation and signature. The WTG authorities, in liaison with the Local Organizing Committee Members are responsible for the medical cover of all sporting venues during the Games. Therefore, the LOC Medical Committee, on behalf of the WTGF, requires that the updated medical dossier be received before an athlete can compete in the games.

## For Living Donor / Family Member of a Deceased Donor, please complete the DF1 form.

If you have a history of coronary artery disease, or are participating in high level stress sport and are over 50 years of age, the medical advisors of WTGF strongly recommend that you undertake a Cardiac Stress Test/ Stress ECG and blood pressure measurement dated no earlier than 6 months prior to the Games. In this case, please complete the form DF2.

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