

# BC Bike Race - Participant Medical Information

This document is used to help prepare BC Bike Race staff in the event of an emergency. This document is not a “seal of approval” for participation and any health concerns you may have need to be brought up with a physician. This document will be accessed in the event you get injured/ill and you are unable to give medical staff your medical history.

- This form must be completed in full, signed and returned before you race.
- We advise all participants to visit their physician and have a medical and physical exam prior to the race.
- All participants require a current tetanus shot (within 10 years). All participants are required to be fully vaccinated.
- As a participant in this race, you may be subject to extreme weather conditions: temperatures ranging from freezing to 45°C; prolonged sunlight exposure; possible sudden cold-water immersion (see waiver for a more in-depth description of risks).
- We operate in remote locations with difficult or impossible access to medical care. You may be injured or ill on the race course without help for multiple hours or longer.
- PLEASE print legibly

## Personal Information

Full Name		Medical Insurance Information	
Age:	Weight:	Height:	
Address			Emergency Contact and Phone Number
Country			Physician Name and Contact Details

## Mental Health Information

BC Bike Race is not a rehabilitation program; it is neither a place to quit smoking, drinking or drugs nor to deal with behavioural or psychological problems.

Do you have a mental illness? If yes please describe.
Have you been hospitalized for mental illness? If yes please describe

## Medical & Physical Information

Please list any/all **medical conditions**, and physical conditions that may affect your ability to participate in the BC Bike Race.  
*Examples - Respiratory problems, cardiac problems, pregnancy, previous frostbite, heat-related illness, eyesight/hearing, balance/vertigo, previous head injury, dietary restrictions.*

<input type="checkbox"/> Concussion
_____
<input type="checkbox"/> Vertigo
_____
<input type="checkbox"/> Bad balance
_____
<input type="checkbox"/> Head wounds
_____
<input type="checkbox"/> Neurosurgery
_____
<input type="checkbox"/> Heart problems
_____
<input type="checkbox"/> Arrhythmia
_____
<input type="checkbox"/> Heart attack
_____
<input type="checkbox"/> High Blood Pressure
_____
<input type="checkbox"/> Clotting Issues
_____
<input type="checkbox"/> Collapsed lung
_____
<input type="checkbox"/> Internal bleeding
_____
<input type="checkbox"/> Asthma
_____

Reaction to general anaesthetic
<input type="checkbox"/> No <input type="checkbox"/> Yes Explain
_____
<input type="checkbox"/> Sprain
_____
<input type="checkbox"/> Dislocations
_____
<input type="checkbox"/> Fractures
_____
<input type="checkbox"/> Fractured ribs
_____
List any prior fractures, dislocations and surgical procedures:
_____
List any allergies to anything:
_____
Other health notes:
_____

## Medication Information

Please list all **medications**, both prescription and non-prescription, that you will be bringing with you during the race.

- This medication **must** be carried with you each day during the race.
- List name of the drug, detailed dosage and frequency instructions on the outside of each container.
- Ensure that the medication has not expired!
- Check with your doctor/pharmacist and find out if there are any side effects, contraindications or storage considerations for the medication you are bringing and bring this information with you.
- Pack the medication in a waterproof/sun proof container.
- Bring twice as much medication as you are required to take for the entire length of your trip, in two separate containers.  
Give half to your race partner in case you lose yours.

## Critical Medicines

Are you on any of the following?

Blood Pressure Meds     Blood Thinners (Warfarin, Coumadin, etc.)     Aspirin     Asthma Inhaler     Insulin

Please list medication name, reason for use, and instructions for frequency and dosage.

Medication Name	Reason for Use	Instructions	Frequency	Dosage

## Immunization Information

What was the date of your last Tetanus inoculation or booster (month/year)? Must be within 10 years to participate

Provide details of your Covid vaccination: Name and dates of both shots are required.

## Disclaimers

- I have completed this Participant Medical Information form accurately and truthfully, to the best of my knowledge.
- I understand that any injury or illness that is aggravated by, or a result of, my participation in the BC Bike Race is solely my own responsibility and I hereby release BC Bike Race, their directors, management, employees, and associates from any future claims I might make against them.
- I understand that it is my responsibility, before the race begins, to inform BC Bike Race of any medical conditions that may have arisen after filling out this form.

Signature:	Witness:
Date:	Date: