

# Requirements for medical certificate

## Appendix 3 "Requirements for medical certificate" to Regulations for the sports event Crimea X Run 2019

### 1. Medical certificate

1.1 Upon receiving the starting number, the participant must provide a medical certificate issued not earlier than 04/20/2019, confirming admission to the competition from 16 to 19 October 2019.

1.2 The organizers do not return medical certificates after the competition. The participant who wants to keep the certificate is obliged to provide the original (returned immediately after the inspection) and a copy of the certificate (remains with the organizers).

### 2. Type of the medical certificate

#### 2.1 One-time medical certificate

- It has the seal of the institution, the signature and seal of the physician, the date of issue.
- Contains the following information: full name, year of birth and the physician's statement: "According to the test results the patient is allowed to participate in running competitions for a distance of up to ... km".

For CXR Stage Race and CXR Ultra distances, the certificate must indicate a distance of at least 70 km. For the CXR Trail distance, a distance of at least 35 km can be indicated in the certificate. For CXR Sprint race the distance indicated on the certificate must be at least 10 km.

#### 2.2 Prolonged medical certificate:

- It has the seal of the institution, the signature and seal of the doctor, the date of issue.
- Contains the following information: full name, year of birth, and the physician's statement: "The patient underwent a detailed medical examination (date of examination) and is allowed to participate in running training and competitions for long distances, including distances up to ... km for a period of ...".
- For CXR Stage Race and CXR Ultra distances, the certificate must indicate a distance of at least 70 km. For the CXR Trail distance, a distance of at least 35 km must be indicated in the certificate. For CXR Sprint race the distance indicated on the certificate must be at least 10 km.

2.3 Foreign competitors are obliged to provide a medical certificate received in their home country to the race officials. The certificate must be in English and comply with the above given requirements.