

**USA Triathlon**

Rule 2.4 Junior/U23/Elite Athlete Participation Evaluation Certification  
Year Two Form

\_\_\_\_\_  
**Athlete's Full Name (First/MI/Last)**

\_\_\_\_\_  
**USAT Number**

I hereby certify to USA Triathlon that on \_\_\_\_\_ (Month/Day/Year) I satisfactorily completed a **Preparticipation Evaluation (PPE)** in accordance with International Triathlon Union (ITU) Competition Rule 2.4 and Appendix Q. I further certify that the PPE included the following:

- Completion of the **ITU Medical Questionnaire** and shared with my doctor
- A **Physical Examination** that included checks of/for the following:
  - Cardiac auscultation
    - Rate /rhythm
    - Murmur: systolic/diastolic
    - Systolic click
  - Blood Pressure
  - Radial and Femoral Pulses
  - Marfan stigmata

**Doctor's Office Contact Information**

\_\_\_\_\_  
Doctor's Signature

\_\_\_\_\_  
Doctor's Name

\_\_\_\_\_  
Doctor's Address (Street/City/State/Zip)

\_\_\_\_\_  
Doctor's Telephone Number

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_  
Signature of Parent/Legal Guardian  
(Required if Under 18)

## Competition Rule 2.4 and Appendix Q

“2.4 ITU 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 Paratriathlon events from January 1st, 2018 in any ITU event as outlined in Appendix J. PPE will be mandatory for all Elite, U23 and Paratriathlon athletes from January 1st 2018. More information about PPE can be found in Appendix Q.”

### “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 given to the responsible team doctor before the medical examination. The medical questionnaire will be available to be downloaded from the ITU 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 that will enter in an ITU event in the specific season, have undertaken the PPE. This letter will have to be submitted manually, otherwise athletes from the specific National Federation will not be admitted to any ITU event.”