



THE 8th WINTER WORLD TRANSPLANT GAMES ANZERE, SWITZERLAND 4 – 9 MARCH 2012

MEDICAL FOLDER

Dear competitor,
Dear parent or guardian of Nicholas Cup camp participant,

The Organisers of the Winter World Transplant Games wish to ensure that participation in the Games will be both safe and successful for every participant.

An important step in ensuring these ambitions is the completion of the three page medical certification which is necessary for every participant. We kindly request that you take certification forms MF1, MF2 and MF3 to the physician in charge of your or your child's transplant follow-up to seek his or her professional support and guidance to complete the forms. We recommended that you also present the accompanying letter from the WTGF which is addressed to the medical adviser and explains the purpose of the certification.

The medical certification is to be completed within 4 months of the start of the Games, but must be returned to your Team Manager by 8 January 2012. **You will, then, need to organise a special appointment with your physician during the period 4 November 2011 – 8 January 2012.**

These documents are very important and we strongly recommended that you photocopy these documents before passing them on to the medical adviser to be able to replace them if they are lost.

When you receive the completed forms from the physician, it is very important to ensure that the information is complete and correct. If the medical certification forms are incomplete, you or your child will not be able to register for the Games.

We also strongly recommended that you photocopy the signed documents before submitting the originals to your Team Manager, so that you retain a copy for yourself. If you have any concerns about this certification, please contact your Team Manager.

Please be assured that all this preparation by you and your physician will prove to be very beneficial.

Yours faithfully,

Liz Schick
Vice-President, Organising Committee
(Liver transplant, 1998)
vice-president@anzere2012.org

Daryl Wall AM MBBS (Hons) FRACS
Chairman, Medical Committee
World Transplant Games Federation



GUIDELINES FOR THE COMPLETION OF THE CERTIFICATION FORMS

Before competing at the Winter World Transplant Games, it is expected that the general level of health and fitness of every participant is judged stable by the physician in charge of the participant's transplant follow-up. This should be in line with the different criteria for the particular transplant, that is, liver, kidney, heart, lung and blood function, depending on the organ transplanted.

Every participant is personally responsible for maintaining his or her own training programme in preparation for the Games, preferably in conjunction with a suitable coach.

WHAT DOCUMENTS MUST BE PROVIDED?

All competitors and Nicholas Cup camp participants, regardless of their chosen events, must complete and return to their Team Manager:

1. Form MF1 – Participant Statement

A signed statement of regular physical activity and sport.

2. Form MF2 – Medical Certificate

Signed by the physician, confirming the general state of health of the participant, based on the usual check-ups and tests undertaken by him or her. This form must be completed within 4 months of the start of the Games.

3. Form MF3 – Medical Record

A summary of the participant's medical records, signed by the physician, indicating the most recent important medical information.

The WTGF strongly recommend that competitors undertake the following medical tests:

Stress test, including ECG and blood pressure measurements

This should be completed within 4 months of the start of the Games for heart, lung and heart/lung patients and within 6 months of the start of the Games for all other transplants. In the event of a stress test being undertaken, the heart specialist or sports doctor overseeing the test should complete Medical Certificate MF2 and certify that he/she sees no reason why the chosen sports cannot be competed in and list the sports specifically.

Respiratory function test (lung transplants)

The detailed test results should be submitted with the certification forms.

NOTES FOR PHYSICIANS

The Medical Committee of the World Transplant Games Federation (WTGF) would like to draw your attention to the specific physical requirements of the Games and to the absolute need to guarantee the safety of all transplant participants.

Therefore, in advance of the Games, we expect the stress test and Medical Certificate MF2 to play a large part in our decision to allow patients to participate in the Games and it is for this reason that we rely on your co-operation in the correct completion of the certification forms.

The WTGF, in liaison with the Local Organizing Committee, take responsibility for the medical cover for all sports venues during the Games and it is for this reason that the Medical Committee of the WTGF insists on having a copy of the certification forms for each participant.



LETTER TO PHYSICIANS

Dear Doctor,

This letter is written on behalf of the Council of the World Transplant Games Federation and the Organising Committee of the Winter World Transplant Games to be held in Anzère, Switzerland, from 4-9 March 2012.

The organisers and the transplant participant wish to thank you for your consideration, time and judgement, which are required to complete the participant's medical certification. Your transplant recipient's progress and health is dependent upon your support for their involvement in sporting activities. The participant's ability to compete at the Games is dependent upon the details you provide in the medical certification. Without the medical certification, the participant is not permitted to compete.

The medical certification is to be completed within 4 months of the start of the Games, but must be returned to the participant's Team Manager by 8 January 2012. Your patient will, then, need a special appointment with you during the period 4 November 2011 – 8 January 2012.

The participant will not be permitted to compete if he/she is suffering rejection, renal failure, anaemia, immunosuppression instability, hypertension, cardiac arrhythmia or infection.

The World Transplant Games Federation, the Organising Committee, the Team Manager and the participant treasure your support.

Thank you in anticipation.

Yours faithfully,

Liz Schick
Vice-President, Organising Committee
(Liver transplant, 1998)
vice-president@anzere2012.org

Daryl Wall AM MBBS (Hons) FRACS
Chairman, Medical Committee
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MEDICAL GUIDELINES FOR TRANSPLANT PARTICIPANTS

Congratulations on being chosen to participate in the World Transplant Games. Your involvement in the Games will contribute greatly to donor awareness. You will also increase the positive attitude towards the rich benefits of Transplantation and will enjoy remarkable personal development and world friendships. Probably, you will achieve personal bests in your chosen events. There are also possibilities that you will win medals. It is anticipated that you are well advanced in your preparation, your training and in your provision of medications, supplies, equipment and clothing.

The following information is provided to help you prepare for your travels and competition.

Environmental conditions

Anzère village is at approximately 1'500m above sea level. Some competitions will take place at altitudes of up to approximately 2'000m. Anzère in March can be relatively mild, but equally cold. Evenings are generally always cool. The weather can, obviously, be unpredictable and we recommend that participants bring a number of different layers to be comfortable, whatever the weather.

Allergies and other medical conditions

If participants are allergic to peanuts, bees or latex, it will be necessary to wear a Medic Alert Bracelet and if possible carry an ampule of 1/1000 adrenaline.

Hygiene

The venues for accommodation, dining and competition will all provide safe and hygienic environments for food and drinks. The water in the taps everywhere is safe and can be used for drinking with no risk.

Contagion

Contagious disease is under constant surveillance in Switzerland. In the event of a life-threatening disease outbreak, the authorities are well placed to contain the disease and will communicate widely and quickly if a disorder such as "bird flu" or "H1N1 flu" appears in the community. However, it is the responsibility of the participant to self-report if a fever or a rash should develop.

Jet lag

Long flights are responsible for disturbed patterns of sleep, vibration fatigue and disruption of diurnal rhythms. Also the change in time zones may cause the participant to miss a medication dose. Participants should be aware that the above challenges persist for several days, the duration being governed by the number of hours of change in the time zone. If the participant finds that the Anzère time zone is 6 hours ahead of that of home, poor sleeping will persist for 6 days. Try to accelerate recovery by trying to avoid sleeping during daylight.

Training

Training requires planning and dedicating a significant amount of time to your preparation. It is necessary to taper before you compete. Therefore in the last week before you travel, your activities should be less intense. Please do not rely on training during the days of the Games as the facilities may be limited and you may do yourself harm.

Medication

It is vital to ensure that you have a full supply of medication for your trip. In addition, it is necessary to have a duplicate supply of medication for the duration of the trip. These supplies should be carried in two separate packages. One package should be kept in your personal belongings and taken as cabin luggage. The other should be packed in a second case. This is to overcome difficulties if one or other supply is lost. Included in your supply should be Panadol, Vick's vapour rub, liniment methyl salicylic acid or deep heat, antiseptic cream, sun screen and a supply of bandages and dressings which

you prefer to use. You may also wish to carry supplementary vitamins and sports electrolyte solutions. You should carry a letter from your physician outlining the medications which are essential to your health to ensure that the medications are not confiscated. Do not carry medications of addiction. Please study the World Anti-Doping Agency list of prohibited drugs at <http://www.wada-ama.org> to find out if any of your medications are considered to be performance-enhancing and check with your physician to establish if an alternative could be prescribed.

EHIC

All EU citizens are requested to bring their European Health Insurance Card. The card makes it easier for people from the European Union's 27 member states plus Iceland, Liechtenstein, Norway and Switzerland to access health care services during temporary visits abroad. For more information, please visit http://europa.eu/eu-life/healthcare/index_en.htm.

Travel risks and prevention

You should be aware that being restricted in an aircraft cabin will lead to swelling of your ankles. This is not a result of water overload. It is a consequence of decreased muscle activity of your legs. To overcome this, it is necessary to wear one-way stretch stockings up to the knees to prevent the swelling. Once the swelling has occurred, it is very difficult to overcome. Therefore, prevention is the preferred option. You should also be aware of the risk of deep venous thrombosis. This can be overcome to a large extent by exercising in your seat, walking about and keeping your bowels and bladder empty. Some team members will also have the opportunity to take a ¼ of an Aspirin every day for a week prior to the travel. However, this may be contraindicated so you should ensure this is safe before you do so. Please do not use diuretics to remove the ankle swelling.

Dehydration

Aircraft travel and competition is associated with a significant dehydration. One of the commonest failures of transplant athletes in transit and in competition is a failure to maintain hydration. Dehydration may cause side effects such as increasing concentration of immunosuppressive drugs and this should be avoided at all costs. It is necessary to carry fluids with you at all times. Bottled water or sports solutions are always safe but in Anzère the water in the taps everywhere is safe and can be used for drinking with no risk.

Injuries, illness or medication complications

It is important that if there is any concern at all amongst the competitors or for that matter the accompanying persons, the medical officer should be notified immediately. Please report any infection or rash immediately.

Competing without injury

One of the most remarkable characteristics of the Games is the success of the physiotherapists and their support for athletes prior to, during and after competition. In Anzère, we will have physiotherapists to care for you. You will be very familiar with the appropriate pre-competition warm up and massage and the importance of stretching and warm down. With these strategies it will be possible to compete on several days without becoming extremely stiff.

Withdrawal of a participant

A participant who is in any way concerned about competing or if the medical officer is concerned, then the participant will be advised to miss certain events. Withdrawal from a sporting event should be seen as a possibility in any participant's life.

Failure to meet standards

A participant may not meet the Winter World Transplant Games standards which have been established over the last 20 years. This circumstance will be brought to the attention of the participant and the Team Manager. The participant will be advised not to compete or not to travel.

Support

It is vital for all participants to recognise how important supporters will be to their success. Every effort should be made to ensure that a member of the team (either competitor or accompanying person) is available during the competition so that you may be able to look to a friend for support during the event. Do not compete alone. Please ask for help.

Diet

The food provided in Anzère will be carefully prepared, healthy and nutritious. We encourage you to try everything on offer. However, it is important to emphasize that trying new food may be hazardous for participants. Please carry cashews, raisins and bananas to the events, to avoid missing a meal. Diabetics should carry sugar sweets.

Skin and eye protection

Please ensure that you use high protection factor sunscreen at all times and have suitable ski goggles and sunglasses with a high UV protection factor.

Teamwork

The participants and accompanying persons (including the medical officer) should form a friendly and cohesive team where members can talk openly with each other. Watch out for participants with hypoglycaemia (low blood sugar). Hypoglycaemia appears as sweating, confusion and collapse.

Recreation and sleep

Relaxation is vital for health and sporting success as is a sound sleep regime. Avoid excess coffee and alcohol to preserve regular sleep pattern. Strive to stay awake until dark. Be sure to be out in the sun at midday briefly (with protection) to readjust your biorhythms. Be sure to close your blinds to gain a full night of sleep.

Diabetes Mellitus (DM)

DM is common. Please ensure that all participants carry appropriate sweets for any diabetic Team members.

Alcohol

Consumption of excess alcohol is dangerous and can poison organs, cause confusion and falls and MOST importantly alcohol depresses judgement centres in the brain.

Vaccinations

It is not necessary to undergo vaccinations to visit Switzerland. However, it would be wise to ensure that your tetanus toxoid vaccination is up to date.

Medical alert bracelet and medical information card

It is necessary at all times to wear a medical alert bracelet if the participant has a serious illness (diabetics) and the provided medical information card must be carried in the identification card pouch.

Misfortune and misadventure

In anticipation of difficulties it is recommended that a list of telephone numbers and emergency responses be carried with your ID at all times.

Anticoagulants

Participants who are on anticoagulants (Warfarin Clexane) are advised to be extremely vigilant in supervising their therapy. Participation in the Games has the effect of increasing or decreasing clotting.

Summary

The supporting staff of the Winter World Transplant Games wishes you success in your preparation for the Games. Every effort will be made to ensure that you have a safe and successful participation. Any documentation that the participant requires in support of his or her healthcare should be carried at all times. On occasion, it will be necessary to refer the participant to the local medical services. Appropriate documentation would be invaluable on such occasions. Preparation is necessary for both your competition and your health.

Should you have any questions or comments, do not hesitate to consult your Team Manager, the Games organisers (info@anzere2012.org) or any of the undersigned.

Yours faithfully,



Liz Schick
Vice-President, Organising Committee
(Liver transplant, 1998)
vice-president@anzere2012.org



Daryl Wall AM MBBS (Hons) FRACS
Chairman, Medical Committee
World Transplant Games Federation

MF1 – PARTICIPANT STATEMENT

To be returned to your Team Manager by 8 January 2012 at the latest

PARTICIPANT INFORMATION

First name:

Family name:

M F

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. _____ Level: _____
2. _____ Level: _____
3. _____ Level: _____
4. _____ Level: _____

My current medication (name, frequency /24 hours, dose):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

***Signature:** _____

Date: _____

*signature of parent or guardian for participant under 18 years of age

MF2 – MEDICAL CERTIFICATE

To be returned to your Team Manager by 8 January 2012 at the latest

PARTICIPANT INFORMATION

First name: _____ Family name: _____ M F

Organ(s) transplanted: _____ Date of transplantation (dd/mm/yy): _____

Date of birth (dd/mm/yy): _____ Age (at date of opening ceremony of Games): _____

The following should be completed by the physician in charge of the above patient's transplant follow-up within 4 months of the start of the Games:

Physician name: _____ Telephone: _____ E-mail: _____

*I certify that the above named patient of mine does not show any contraindications for participation in the following sporting activities (list precisely which sports) and has not experienced a major rejection episode within the last month:

1 _____ 2 _____ 3 _____
4 _____ 5 _____ 6 _____

* I certify that the above named patient of mine is not currently suitable to participate *delete as appropriate

Signature: _____ Date (dd/mm/yy): _____ Stamp (mandatory) _____

Strongly recommended: The following should be completed by a cardiologist or the physician in charge of the above patient's transplant follow-up within 4 months of the start of the games (heart, lung, heart/lung transplants) or 6 months of the start of the games (all other transplants). Coronary angiograms may be requested for abnormal results.

I certify that I have witnessed the stress test and blood pressure profile carried on the above named patient of mine.

Date of tests (dd/mm/yy): _____ *Please provide a detailed copy of the tests*

Maximum strength tolerated & duration: _____

% of maximal theoretic frequency: _____ Reason for stopping tests: _____

ECG results: Without irregularity With irregularity Resting pulse & maximal: _____

Signature: _____ Date (dd/mm/yy): _____ Stamp (mandatory) _____

Confidentiality & Security of personal information: Personal information will not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law. Personal information will be retained only as long as necessary for the fulfilment of those purposes. You may wish to provide information for research.

MF3 – MEDICAL RECORD

To be returned to your Team Manager by 8 January 2012 at the latest

PARTICIPANT INFORMATION

First name: _____ **Family name:** _____ **M** **F**

Organ(s) transplanted: _____ **Date of transplantation (dd/mm/yy):** _____

Date of birth (dd/mm/yy): _____ **Age (at date of opening ceremony of Games):** _____

Address: _____ **Post code:** _____ **City:** _____ **Country:** _____

E-mail: _____ **Home telephone:** _____ **Mobile telephone:** _____

Next of kin full name: _____ **Home telephone:** _____ **Mobile telephone:** _____

Height (cm): _____ **Weight (kg):** _____

The following should be completed by the physician in charge of the above patient's transplant follow-up within 4 months of the start of the Games:

Physician name: _____ **Telephone:** _____ **E-mail:** _____

Current medications: *please attach a complete list, including complimentary medicines*

Allergies / diet _____

Laboratory data: *Higher acceptable if stable

Creatinine (<300)*		Alkaline Phosphatase	
Haemoglobin (>10hm/dl)		FK/Cyclosporine Level	
ALT		Hepatitis B	+ -
AST		Hepatitis C	+ -
Bilirubin		Blood Sugar	

Cardio-vascular & respiratory status:

History of high blood pressure?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Coronary artery disease: results of the most recent coronary angiogram or cardiac isotopic scan and date:	
Baseline Blood Pressure (<150/90):	Lying _____ Standing _____
Ejection fraction of left ventricle (EFLV):	
Rhythm abnormalities:	
Pulmonary function (if lung disease):	Vital capacity _____

Other medical problems (e.g. diabetes mellitus): _____

Signature: _____ **Date (dd/mm/yy):** _____ **Stamp (mandatory)** _____