

Ultra Marathon El Salvador
(Medical Form)

The undersigned, Dr. / Dr. (Name and surname))

Born in (city and country)

El (dd / mm / aaaa)

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Consult at (full address)

Phone Number

 /

I declare that Mrs. (name and surname of the athlete)

Born in (city and country)

Resident in (full address)

With ID number

Based on the clinical visit and the relative tests carried out, he is in good health and does not have contraindications to carry out the practice of the El Salvador Ultra Marathon race. This certificate is valid until

 / /

Doctor's signature and seal

ULTRAES COVID-19 Protocol

- It is mandatory to wear a mask All
- athletes must wear the assigned bib The bib must
- be used throughout the route An exclusive area will be installed
- for the athlete to warm up Before entering the warm-up area, the athlete will
- have his body temperature taken, alcohol gel will be provided for hand cleaning · All athletes, volunteers and staff of the event must carry out the protocol of entry to the competition area with the personnel assigned by the organization It is MANDATORY that the judges, staff and volunteers wear the mask at all times, wash their hands when possible and use

alcohol gel

- Only athletes who have passed the protocol will be able to enter the warm-up area Athletes must warm up in
- the authorized area, during the warm-up the athlete must wear their mask correctly. Athletes should avoid physical contact greetings at the beginning and end of the race
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- At the Hydration and Supply points, each athlete must take hydration and supply on their own.
- The warm-up area will be enabled 1 hour and a half before the departure of its distance.
- An athlete who does not follow protocol before entering the warm-up area will be disqualified from the race.
- 10 minutes before the start, athletes will be able to remove their mask and will be transferred to the starting area, keeping a distance of 2 meters itself. At the time
- of finishing the race and after the finish line, the athlete must wear the mask again. In the warm-up, finish
- line, supply points, award areas, only personnel authorized by the Organization will remain.
- It is the obligation of all members to immediately report any indication of possible suspected symptoms of COVID-19 and it is requested NOT to show up for the race if you are suspected of being infected or have been surrounded by COVID-19 positive people

People voluntarily and freely submit to the rules and protocol set by the Organization and health authorities for the well-being of all those involved