



# 2026 World Triathlon Championship Series YOKOHAMA Health Check Sheet for Participants

**Race No:** \_\_\_\_\_

**Name:** \_\_\_\_\_

※To all participants of relay team, please be sure to submit a health check sheet by all of members.

①	Is body temperature same as usual?	YES	NO
②	Are you tired?	NO	YES
③	Did you sleep well yesterday?	YES	NO
	Daily sleeping time (about                  hours)		
④	Did you have an appetite?	YES	NO
⑤	Do you have diarrhea?	NO	YES
⑥	Do you have headache, palpitation or chest pain?	NO	YES
⑦	Are you feeling sick?	NO	YES
⑧	Is there any pain in the joints?	NO	YES
⑨	Have you been stressed or exhausted recently?	NO	YES
⑩	Do you have any concerns about participation in today's tournament?	NO	YES
⑪	If you feel unusual, can you stop the race immediately?	YES	NO

If you have an answer of right side items(YES or NO), even one item, please be careful for changes in your physical condition. If you have an anxiety, please visit to the relief station, and consult a doctor .In any case if you are not fine or in poor condition, please cancel the race and try to get medical attention.

<Notice; during the race>

- Please drink water frequently during the race.
- Our staff will decide you to stop and retire from the race in case you have a risk and difficulty of continuing race.
- Let's have a courage to retire from the race when you are not fine
- Last spurt make stressed on the heart, it will be better to have spare time for finish.

MEDICAL USE COLUMN

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