

VAMOS à LUTA

VAMOs à LUTA Medical Health Form (December 2023)

Please read and complete this medical health questionnaire on **the day or before the weight-in**.

You have been training hard for this competition and should be in good physical condition. However, two to three days prior to the competition, your training should be light and restricted to mainly skills.

After your match, please seek medical attention if you experience any of the following:

- Persistent headache which doesn't respond to simple analgesics
- Excessive drowsiness, memory loss, poor concentration
- Nausea and vomiting
- Blurred or loss of vision, painful or red eye
- Painful or difficulty in breathing
- Swollen, painful joints or possible bone fracture

First Name: _____ Last Name: _____

Age: _____

Weight (kg): _____

Height (cm): _____

Chronic illness (e.g. heart disease, high blood pressure, asthma, diabetes):

Current medication:

Drug allergies:

Previous surgery:

Any recent illnesses?

If yes, please give additional information (lethargy, sore throat, loss of appetite, reduced exercise tolerance, fever, rash, headache, abdominal pain, cough, shortness of breath)

Any loose, broken teeth or dentures? Contact lenses?

Participant will have to ensure they are in proper physical condition to participate in combat sports, and they are not a carrier of HIV, Hepatitis B/C or any other form infectious disease.

SIGNATURE

DATE
