

MEDICAL ADVISORY FOR RACE DAY

Before participating, review the following medical questions:

1. Has your doctor ever said you have a heart condition and should only do physical activity recommended by them?
2. Do you experience chest pain during physical activity?
3. Have you had chest pain in the past month, even without physical activity?
4. Do you lose balance due to dizziness or have you ever lost consciousness?
5. Do you have any bone or joint problems that could worsen with exercise?
6. Have you had a fever or viral illness in the 2 weeks before race day?
7. Is your doctor prescribing medication for blood pressure or heart conditions?
8. Do you have breathing difficulties, especially in cold or dry conditions?
9. Are you pregnant?
10. Are you diabetic?
11. Is there any other reason why you should avoid physical activity?

If you answered **Yes** to any question, consult your doctor before participating. While running is generally safe, long-distance races can pose risks, especially if you have existing medical conditions. Only your doctor, familiar with your health and history, can advise you on whether it's safe to participate in BRC TATA STRUCTURA MARATHON.

We urge all runners to take responsibility for their health by adopting proper training, nutrition, and hydration practices. Fill in your **emergency contact details** on the **back of your bib**, including allergies or medical conditions, and ensure your contact person is reachable on race day and not participating.

Race Clothing:

In cold weather, dress in layers, stay hydrated, and warm up before the race. After crossing the finish line, keep moving to avoid dizziness or fainting. Seek medical help if you experience symptoms like shivering, confusion, or fatigue.

Participant's Responsibilities:

- Consult your doctor if you have a personal or family history of heart issues, or experience chest pain, shortness of breath, or dizziness.
- Fill out emergency details on your bib.
- Be aware of weather forecasts and hydration needs.
- Help fellow runners in distress and reach out to our medical team or call the event helpline at +91 9748490602 if needed.

Medical Services on Race Day:

Our medical team will be available with:

- 1 medical base camp post-finish
- 1 medical station in the holding area
- 1 station near the Post Refreshment Area
- 7 stations along the race route
- 3 ACLS ambulances
- 7 paramedics on bikes
- Medical personnel along the route and base camp
- 5-10 medical spotters every 100m in the last 2 km of the race

Stay safe and enjoy the race!