



Hope For Crohn's® Event Information Sheet

(Registered Volunteer Crew Member Version)

To Whom It May Concern:

Your patient has volunteered to participate as a volunteer crew member in the Hope For Crohn's® Blue Wave Triathlon/Duathlon. Hope For Crohn's® Blue Wave Triathlon/Duathlon is committed to the safety and well being of all participants and, therefore, it is important to us that you understand all the particulars about this event in order to make an informed decision about whether your patient may safely participate as a volunteer crew member. This event is a multi-sport course, ½ mile swim (or 3.1 run), 11 miles bike, and 3.1 mile run;. It is a USA Triathlon/Duathlon sanctioned event. The terrain is flat ground and some upstream swimming , uphill cycling, or uphill running may be done on a variety of surfaces such as paved, track, sidewalks, shoulders of streets, beach paths, etc. Your patient will be part of the all volunteer crew that works very hard to make sure that the needs of the registered triathletes/duathletes are met during the event.

Depending on the volunteer crew team to which he/she is assigned, a volunteer crew member's duties may include working outdoors, being up very early in the morning and working until late afternoon, heavy lifting, standing for long periods of time, transporting gear for the triathletes, or other activities to prepare for and support the Hope For Crohn's® Blue Wave Triathlon/Duathlon event and its participants. Your patient will be able to describe to you the specific volunteer crew team to which he/she has been assigned, the particular duties this assignment entails and the physical nature of these duties. Depending on the dates of the Hope For Crohn's® Blue Wave Triathlon/Duathlon, volunteer crew members participate in a variety of weather conditions from heat and humidity to cold, wind and rain.

All meals are provided while on the event. All participants and volunteer crew members have access to a comprehensive health services team in the event, comprised of doctors, nurses, EMTs, athletic trainers, chiropractors and physical therapists.

Thank you for considering the details of the event as well as your patient's medical history when advising him/her on whether to participate as a volunteer crew member.

Sincerely,

Medical Management

Hope For Crohn's® Blue Wave Triathlon/Duathlon