

**Shree Ram Sea Swimming Club
Triathlon-2026**

Participant Name: _____ **D.O.B.** _____

Participating Events: _____, _____

Permission letter of participant against risk

I, the undersigned, willingly agree to take part in the competition, on my own risk and responsibility. During competition, in case of any damage, accident, injury or death, the organizers will not be responsible. I will be wholly responsible for that. I have read and understood all rules and regulation of competition. If I fail to follow them during or after competition, I will accept the disciplinary action taken by organizers and will not argue against it.

Place: _____ **Sign of Participant:** _____

Date: _____ **Name of Participant :** _____

Permission letter of Father / Guardian for Minors

I, _____
address _____
City _____ declare that my son/daughter/ward
_____ to participate in the "Triathlon-2026". We know that this competition is risky and adventurous. The organizers will not be responsible for any accident, injury or death, if at all happens to my son/daughter/ward during competition.

Place : _____ **Sign of Guardian:** _____

Date : _____ **Name of father / guardian** _____

Doctor's fitness Certificate

1) Name of Participant _____

2) Blood Group : _____ 3) Height (cms) : _____ 4) Weight (kg): _____

5) Any heart or lung disease? yes / no

6) Any major diseases? yes / no

Doctors Opinion:

It is here by certified that Mr./ Mrs. _____

Is physically fit to participate in Triathlon event. His/Her lungs and heart are capable of taking extra stress of Swimming long distances.

Date : _____ **Seal & Signature of Doctor** _____

Place : _____

(This document needs to be presented at the time of reporting on 1st January.)