



11 Day Power Play Pre-Participation Medical Clearance – Frozen 40

Name _____ Date of Birth _____

****Excelsior strongly recommends that all participants obtain clearance with their Primary Care Physician and provide Excelsior with information on their medical history prior to taking part in the 2021 11 Day Power Play.***

Section A: Physician Clearance

PHYSICIAN ADVISORY: The **11 Day Power Play** event is an attempt to create a world record for a continuously played hockey game. Hockey is a contact sport. Players will be in play for 4-6 hours followed by a rest period of 4-8 hours each day continuously for 11 days, for approximately 252 hours. Sleeping patterns will be disrupted and activity levels will be increased beyond normal patterns over this period of time. This is an extreme endurance event with periods of intense or vigorous activity.

1. Please note any current or previous medical problems or findings on examination that may impact the above athlete's ability to participate in this event.

2. List all medications with dosing frequency (player may complete)

- Cleared for an endurance hockey activity without restriction
- Not cleared
- Pending further evaluation

Reason

I have reviewed this document and the medical history for the above-named participant. The athlete (DOES / DOES NOT) present with apparent clinical contraindications or ability to participate in this event safely.

Name of Physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of Physician _____, MD/DO