



Dear Participant,

Thank you for registering for the Ironman Middle East Championship and Ironman 70.3 Tiberias 2023.

As part of the waiver signed during registration and in order to guarantee your participation, you are kindly requested to upload the following documentation to your [personal "Active" profile account \(click here\)](#):

1. **A medical certificate** signed by a sports physician authorizing your participation in IRONMAN competitions.

This certificate need to include an Ergometric Stress test that shows your performance capacity during physical execution.

Important:

- The medical certificate should mention that you underwent an ergometric stress test with the results. Both must be uploaded together to your [personal "Active" profile account](#).
 - The stress test should be conducted by an authorized sports institute. Health clinics not identified as sports institutes will not be accepted.
 - The test result must be valid for one year including the official competition date.
2. **Insurance** – A "Personal Accident" insurance policy that covers activities including sports extreme / adventure / triathlon competitions. Please ensure that the insurance is valid on the day of the event.

**Please note:

- Athletes can be insured under a collective "personal accident" policy for the day of the race by [clicking here](#).
- **In case of purchasing the one-day insurance through the above link**, please **upload the receipt** you received upon your purchase to your [personal "Active" profile account](#).

Are you a member of your local triathlon association? If affirmative, please provide an official letter signed by the association chairman confirming your membership status for 2023. The letter provides coverage for race insurance only! The medical certificate should mention that you underwent an ergometric stress test as written in the instructions above.



In order to make sure that you will have the best experience and service upon your arrival in Tiberias, it will not be possible to "check-in" and receive your kit if your documentation will not be uploaded in advance.

The deadline for submitting your documentation is until 05/09/2023.

In case you uploaded the documents and received a rejection notification, you can contact us at the following email addresses and we will be happy to assist you personally.

****Response will be received up to 5 business days.**

For IRONMAN Middle East Championship: israel@ironman.com

For IRONMAN 70.3 Tiberias: Israel70.3@ironman.com

We look forward to personally welcoming you to Tiberias.

IRONMAN Israel Team