

# XTERRA JAPAN Trail Run 2023 Marunuma 2023/7/2

## Health check sheet

This health check sheet aims to confirm the health status of the persons concerned in order to prevent the spread of the new coronavirus infection.  
 The personal information entered in this health check sheet will be stored under strict control by the XTERRA JAPAN Office, and will be used only for grasping the health status of related parties, deciding whether or not to visit, and making necessary communications. To do.  
 In addition, we will not provide it to a third party without the consent of the person except when permitted by laws and regulations such as the Personal Information Protection Law.  
 However, if an infectious disease patient or a person suspected of having an infectious disease is found at the convention venue, it may be provided to a health center, etc. to the extent necessary.

### <Basic information>

		Date of birth	
Full Name		Mobile phone	
		E-mail	
Address			

### <Body temperature until the day of the competition \*Body temperature when waking up>

Date	Body temperature	Date	Body temperature	Date	Body temperature	Date	Body temperature
6/17 (Sat)	°C	6/21 (Wed)	°C	6/25 (Sun)	°C	6/29 (Thu)	°C
6/18 (Sun)	°C	6/22 (Thu)	°C	6/26 (Mon)	°C	6/30 (Fri)	°C
6/19 (Mon)	°C	6/23 (Fri)	°C	6/27 (Tue)	°C	7/1 (Sat)	°C
6/20 (Tue)	°C	6/24 (Sat)	°C	6/28 (Wed)	°C	7/2 (Sun)	°C

### <Health status 2 weeks before the competition> ※Please enter "✓" in the applicable item.

① No heat generation exceeding normal heat	
② No cold symptoms such as cough and sore throat	
③ No dullness (malaise), suffocation (dyspnea)	
④ No abnormalities in the sense of smell or taste	
⑤ I don't feel heavy or tired easily	
⑥ No close contact with people who are positive for coronavirus infection	
⑦ No one is suspected of being infected by a family member living together or a close acquaintance	
⑧ Within the past 14 days, there has been no immigration restrictions from the government, travel to countries, regions, etc. that require an observation period after entry, or close contact with the resident.	
⑨ Other things to worry about	

Date 2023 / /