



C31: 09-08

## MEDICAL CERTIFICATE - RIDING WHEN PREGNANT

**PLEASE NOTE**

To be completed by a registered medical practitioner who has examined a pregnant rider seeking their advice in relation to their intention to race or participate in track work during a pregnancy, and who has read the NZTR Pregnancy Guidelines.

In accordance with the NZTR Pregnancy Guidelines, the examining medical practitioner may issue (if they consider the rider fit to race and/or participate in track work) a medical certificate for the pregnant rider to continue riding until:

- if the rider is in her first trimester, up to the end of the first trimester of the pregnancy; or
- if the rider is beyond the end of her first trimester, up to a seven day period.

Once completed this form is to be returned in person to the Chief Stipendiary Steward or by post (marked "Chief Stipendiary Steward - private and confidential") at NZTR, PO Box 38 386, Wellington Mail Centre.

**RIDER DETAILS**

Rider's Name:	
E.D.D:	
Date of Birth:	
End of 1 <sup>st</sup> Trimester:	
Medical Practitioner's Name:	

**DECLARATION**

	YES	NO
I have read the NZTR Pregnancy Guidelines		
I have examined the rider and discussed the issues and risks involved with the rider		
I have seen the consent form signed by the rider*		
I am satisfied that the rider understands the issues, and the risks involved		
If at any stage I believe it is unsafe for the rider to continue riding I will notify NZTR (the rider has agreed for this to happen).		
I declare that the information which I have provided is correct and complete.		

The information collected on this form will only be used for the purposes set out in the NZTR Pregnancy Guidelines. In the collection, use and storage of information, NZTR will at all times comply with the obligations of the Privacy Act 1993 and the Health Information Privacy Code 1994.

\_\_\_\_\_  
 Medical Practitioner's Signature

\_\_\_\_\_  
 Date