



**PERSONAL INFORMED CONSENT**

Mr./Ms. .... as legal representative, parent or guardian of:

Mr./Ms. .... I accept the performance of the test/s indicated below, I have read and understood the accompanying instructions on the back of this document and I have received an explanation which I consider sufficient. Therefore, in accordance with this:

**I AUTHORIZE** the performance of the test, Signed

**I DO NOT AUTHORIZE** the performance of the test/s in the presence as witness of

Mr./Ms. ....

Sierra Nevada,.....(date)

**TRAINER/MANAGER INFORMED CONSENT**

Mr./Ms..... as trainer/manager of the ..... club/ federation I accept the performance of the test/s indicated below on ..... I have read and understood the accompanying instructions on the back of this document and I have received an explanation which I consider sufficient: I have also informed in due course and received authorization from the parents or legal guardians and therefore in accordance with this:

**I AUTHORIZE** the performance of the test/s, Signed

**I DO NOT AUTHORIZE** the performance of the test/s in the presence as witness of

Mr./Ms. ....

Sierra Nevada,.....(date)

**TESTS CARRIED OUT**

- Blood test (hematology, biochemistry) (1)
- Electrocardiogram
- Anthropometry / Bioimpedance
- Stress test (2)
- Spirometry
- General examination

**DOCTOR IN CHARGE**

Dr. ....

**(1) BLOOD TEST INFORMATION**

Diagnostic test for analysis of hematological and/or biochemical blood parameters. The test consists of a puncture, through the use of an intravenous needle, of a peripheral vein, preferably in the forearm and the extraction of 2-10 ml of venous blood. In expert hands, this is a simple technique. However, in the case of children, the obese or people with deep veins, there may be some difficulty with the puncture, making it necessary to select another part of the body. As this is an invasive procedure, it is not entirely free from risks and complications, although they are generally minimal and local (bruising, local pain, blood effusion, etc.), and exceptionally injury to tendons or adjacent vascular and nerve structures, local infection, phlebitis or vein spasm.

**(2) STRESS TEST INFORMATION**

The stress test is a test intended to assess the athlete's functions and find out the cardiovascular response to stress. It consists of performing an exercise at a constant or increasing rate on a treadmill, cycling or rowing machine. During the test, various types of data can be recorded: mechanical, ergospirometric (recording of respiratory gases), metabolic (capillary blood sample taken) and cardiovascular (electrocardiographic recording, recording of heart rate with pulsometer and/or blood pressure measurement). The initial aim is to reach maximum functional capacity but there may be various reasons for ending a test, such as physical fatigue, the appearance of symptoms, reaching a predetermined heart rate for the patient's age and sex, or reaching a specific stress level.

Occasionally in a small percentage of cases, complications may occur such as chest pain, fatigue, high blood pressure, palpitations and even very rarely a heart attack. In these cases, both human and material resources are available to deal with every eventuality. The risk of death in this test is exceptional (1 case per 10,000 tests) and in your situation this risk is clearly exceeded by the benefits obtained from the resulting data.

**ADDITIONAL INFORMATION**

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