



# TRAC Series Bulletin 2024-01

Subject: Medicals for 2024 Race Season

Issue Date: March 27, 2024

Effective Date: Immediately

Due to the continued issues with timely access to family doctors in the Atlantic Provinces, for the 2024 season, ARMS TRAC Series will accept a medical self-declaration from any current racers in lieu of the ARMS Approved Medical Examination.

This bulletin supersedes the rules in 3.17 Medical Requirements for Competition, in sub-rule 3.17.1 Duration of Medical Examination Validity, as well as section 9.3 Licence Documentation in the ARMS Handbook, for the 2024 season only, and only for racers holding a license in the 2023 season.

Rookie racers, returning racers from previous seasons, and all other candidates for a 2024 Race License should obtain a signed ARMS Approved Medical Examination from a licensed practitioner. If you are having trouble securing a practitioner to perform an examination, please contact the Race Director Nate Perron at [race@armsinc.ca](mailto:race@armsinc.ca)

Please contact the Registrar Brent O'Connor at [registrar@armsinc.ca](mailto:registrar@armsinc.ca) for any licensing paperwork questions. All other questions should be directed to [race@armsinc.ca](mailto:race@armsinc.ca) for rules and regulations, or to your club representative on the ARMS Race Committee.