



TRAC Series Bulletin 2026-01

Subject: Medicals for 2026 Race Season

Issue Date: February 15, 2026

Effective Date: Immediately

Due to the continued issues with timely access to family doctors in the Atlantic Provinces, for the 2026 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 2026 season only, and only for racers holding a license in the 2025 season.

Rookie racers, returning racers from previous seasons, and all other candidates for a 2026 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

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