

The 5th Hong Kong Transplant and Dialysis Games

(Form 3) Event Selection For Living Donors and Cadaveric Donor Families (Adult)

1. Age groups: The age of participant as of 10 October 2024.
2. Please tick the box beside the event you wish to sign up.
3. 2x25m Living donor-recipient Head-to-Head Relay: Only for age 5 below transplant recipients and their living donors.
4. 2x60m Living donor-recipient Head-to-Head Relay: Only for transplant recipients age >5 and their living donors.
5. For safety reasons, please complete the PAR-Q Physical Activity Readiness Questionnaire.

Name: _____ DoB: _____ Sex: M F

Hospital: _____ * Living donor Donor family

(Form 3) Event Selection For Living Donors and Cadaveric Donor Families (Adult)		Age group		(18-29)	(30-49)	(50-69)	(70 or above)
Low load	Bowling (Single)						
Medium load	Table tennis (Single)						
High load	Badminton (Single)						
	Swimming	Freestyle	50m				
		Breaststroke	50m				
	Running	100m					
	2x25m Living donor-recipient H2H Relay	Only for living donors					
	2x60m Living donor-recipient H2H Relay	Only for living donors					