

DISCLAIMER

www.famaratotal.com

August 20th, 2017

I, _____,

with ID number: _____

MANIFEST THAT:

1. I know and accept entirely the regulation of this sporting event called FAMARA TOTAL, which will take place on August 20th 2017. Such regulation can be found on the event's official website: www.famaratotal.com.
2. I am physically prepared for the competition, I am in good health, I am not suffering from any disease, physical defect or injury that could aggravate due to my participation in this event. If during the race I got injured or I suffered from any other circumstance that may cause serious harm to my health, I would notify the Organisation as soon as possible.
3. I am aware that this kind of race leads to an additional risk for the participants, as it takes place in a natural environment, in difficult access and control places. Thus, I attend the race from my own free will and initiative, and I entirely assume the risks and consequences of my participation.
4. I have the sufficient physical ability and technical skills to ensure my safety under the conditions of autonomy the race takes place in. I equally dispose the sport and safety equipment demanded by the Organisation. I ensure that this equipment is in good conditions, that I know how to use it correctly and that I will carry it round during the whole competition.
5. I agree to comply with the safety rules and protocols established by the Organisation from the FAMARA TOTAL race I will take part in, as well as to behave responsibly, in order not to increase the risk to my physical and psychological integrity. I will follow the instructions and I will obey the decisions

in security issues taken by those responsible of the Organisation (judges, doctors and organizers).

6. I authorize the medical service of the event to perform any cure or any diagnostic test that I could need, being or not under conditions of requesting it. I do commit to leave the race if the medical service deems it necessary.
7. I authorize the Organization of the event to use any photography, film or recording as long as it is exclusively related to my participation in this event.
8. I accept my BIB number is personal and non-transferable. No participant will wear it in my place.
9. I participate voluntarily and under my own responsibility in the race. Therefore, I exonerate or exempt the Organisation, team collaborators, sponsors or any other participant from any responsibility or from any material or physical damage.
10. I agree to comply with the general guidelines regarding the respect for environment that are here related:
 - a) Prudently transit routes opened to traffic.
 - b) Slowly transit the routes where people, animals or vehicles are present.
 - c) Do not alter the natural ecosystem's process and functioning.
 - d) Do not damage biotic, geologic and cultural resources, in general, the landscape.
 - e) Avoid going through environmentally sensitive areas.
 - f) Carry out the physiological needs in the right places or, in any case, out of the water and far away from transit and reunion points.
 - g) Do not light fires and do not cause fire risk situations.
 - h) Do not use or install any kind of structure or element that may leave permanent footprint on the environment.
 - i) Do not pour or leave objects nor solid or liquid waste out of the available places for such task.

I HAVE READ THIS DOCUMENT AND UNDERSTAND IT

Signature and ID number: