



INFORMED CONSENT FOR THE PRACTICE OF SPORT ACTIVITIES

I, _____ with ID _____

Through this document **STATE:**

1. That I have read, understood and fully accept the regulations of the sports event in which I take part, that will take place on **April 22, 2023**. The regulations are published at the official website of the event (www.penyagosatrails.com).
2. That I am sure to be sufficiently prepared (physically and psychologically) to take part of the race and I follow the appropriate medical controls to guarantee that I enjoy good health, not suffering from any disease, allergy, physical defect, lesion or cardio-respiratory disorder advising against taking part in the event.
3. That I am fully aware of the difficulties of the event, its course, profile and distance, which I have previously consulted at the event website (www.penyagosatrails.com).
4. That I have enough knowledge and technical skill to guarantee my own safety in the environment and conditions of autonomy in which the event takes place. Also, I have the sports and safety equipment required by the organization for the day of the event and I guarantee that it is in perfect condition, that I know how to use it properly, and that I will carry it during the entire event.
5. I commit to comply the rules and safety protocols established by the organization of the race in which I take part, and maintain a responsible behavior avoiding conducts that increase risks to my physical and/or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the organization (course stewards, doctors and organizers) with respect to all aspects of safety.
6. That I authorize the medical services of the competition to perform on my person any medical procedure or diagnostic test that they consider appropriate in any moment of the event, whether or not I have requested it myself. Whenever requested by them, I undertake to abandon the event and/or allow my hospitalization, if they consider it necessary for my health.
7. That I undertake to follow the general guidelines of respect for nature, environment and other persons. Said guidelines are described below:
 - a) Transit with caution and follow the established rules when moving along trails and roads which are open to traffic. To slow down in the presence of persons, animals or vehicles.
 - b) Not to cause any alterations in the processes and natural functioning of the ecosystems.
 - c) Not to light any fire or cause any situation of risk of fire.
 - d) Not to trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.
 - e) Not to leave the marked trail.
 - f) Close any livestock fencing that I had to open to go through.

I consent, I acknowledge the current sanitary situation and I accept the risk that this sport practice implies

DATE

ID

NAME AND SURNAME

SIGNATURE*

IMPORTANT: For the assignment of the bib race it is necessary this document. None of the registered runners will receive their bib number or participate in the race without the previous presentation of this document correctly filled before **March 1, 2023**. This document must be uploaded on the website www.penyagosatrails.com.

*In the case of an electronic signature, for any printing or graphic representation of the document, the printed signature must contain a Secure Verification Code that allows the authenticity of the printed copy to be verified.

The organization will not accept any documents sent by post, e-mail, fax... The organization will not accept any manipulated or falsified document.