



INFORMED CONSENT FOR THE PRACTICE OF SPORT ACTIVITIES

By registering, you **state:**

1. That you have understood explicitly and fully accepted the Regulation of the race, which will be held on April 20th, 2024 and it is published at **www.penyagolosatrails.com**.
2. That you are sure that you are physically and psychologically well prepared to perform the race and that you follow the appropriate medical controls to guarantee that you are in good general health, without suffering from any illness, allergy, physical defect, injury or cardio-respiratory condition that would make your participation inadvisable in the race.
3. That you are fully aware of the toughness of the race, its route, profile and distance, which you have previously consulted at **www.penyagolosatrails.com**.
4. That you have sufficient knowledge and technical skills to guarantee your own safety in the environment and conditions of autonomy in which the race takes place. Likewise, you have the sports and safety equipment required by the Organization for the day of the race, and you guarantee that it is in good condition, you know how to use it properly and you will carry it with you throughout the race.
5. You agree to comply with the rules and security protocols established by the organization of the race in which you are going to participate, as well as to maintain a responsible behavior that does not increase the risks to your physical or mental integrity. You will follow the instructions and abide by the decisions made by those responsible for the Organization on security issues.
6. That you authorize the Medical Services of the race to perform any cure or diagnostic test that they consider at any time during the race, whether or not you have requested it. Given their requirements, you agree to abandon the race and/or allow your hospitalization, if they deem it necessary for your health.
7. That you agree to follow the following general guidelines of respect for others and the environment:
 - a) Move with caution and according to the established rules on tracks and roads open to traffic and travel slowly in the presence of people, animals or vehicles.
 - b) Do not cause alterations in the processes and natural functioning of ecosystems.
 - c) Do not light a fire or cause fire risk situations.
 - d) Do not throw or abandon objects or solid or liquid waste outside of the places expressly enabled for their collection.
 - e) Do not leave the marked route.
 - f) Close the fences or cables for livestock, which I am forced to open as I pass.