

Name Surname

Signature corredor/a:

ID number:

Manifest:

Number of dorsal:

1. I know and fully accept the Rules of the sporting event called **Matxicots 2016** to be held on **17-18 September 2016**. This regulation is posted on the official website of the race <http://www.rialpmatxicots.cat>.

2. I am physically well prepared and am in good general salt, free from disease, physical defect or injury that may be aggravated by my participation in this test. If during the race suffered an injury or any other circumstance that could seriously harm many health, I will inform the organization as soon as possible.

3. What is aware that this type of competition, to develop in the wild in places difficult to access and control, carry an additional risk to the participants. Therefore attend to their own will and initiative risks and pay the full consequences of my participation.

4. That I have physical ability and technical skill sufficient to guarantee my safety under the conditions of autonomy in which of the test. Also, I have the sports equipment and security required by the organization and ensures that they are in good condition, properly used and will take it up throughout the competition.

5. I undertake to comply with safety standards and protocols established by the Organization for **Matxicots 2016** in which I participate, as well as maintaining responsible behavior that does not increase the risks for my physical and psychic. The instructions and abide by the decisions made by officials of the Organization (judges, doctors and organizations) in security issues.

6. That authorize medical services for the test, I practice any cure or diagnostic test may need to be or not be able to apply. I agree with your requirements to give evidence if they deem it necessary for my health.

7. I authorize the organization of the test to use any photograph, film or recording to take as long as this only related to my participation in this event.

8. My back is personal and therefore may not take another participant or any person in my place.

9. Who participated voluntarily and under my own responsibility in the event. Therefore, discharge or waive any liability to the organization, partners, sponsors and any other participants, any physical or material.

10. That I agree to follow the general guidelines of respect for the environment and listed below:

a) Transit wisely by tracks and roads open to traffic.

b) Pass slowly in the presence of humans, animals or vehicles.

c) Do not alter the processes and the natural functioning of ecosystems.

d) Do not damage the biotic resources, geological, cultural or, in general, the landscape.

e) Circumvent or avoid sensitive environmental areas.

f) Make the physiological needs in the right places or in any case out of the water and away from crossing points or meeting people.

g) No fire or could create a fire hazard.

h) Do not use or install any structure or permanent mark to stop in the middle.

i) Do not pour or drop objects or liquids or solid waste outside the places usually authorized to collect them

