

I state:

1. That I integrally know and accept the Regulations of the sports competition called “**Rialp Matxicots 2020**” held **19th-20th September 2020**, which are available on the official website of the race, <http://www.rialpmatxicots.cat>.

2. That I have a good physical preparation and a good general health and that I do not suffer from any disease, physical defect or injury that may get worse because of my participation in this competition. In case of injury or any other circumstance that may seriously harm my health, I will immediately let the organization know.

3. That I am aware of the fact that, as this competition is held in nature, in places that are difficult to accede and control, it involves an added risk for the participants. This is why I attend it according to my own will and on my own initiative, and I totally accept the risks and consequences derived from my participation.

4. That my physical capacity and my technical ability allow me to guarantee my own security considering the partial self-sufficiency conditions of the race. I also have the mandatory sports and security equipment required by the Organization and I state that it is in good conditions, that I will use it appropriately and that I will carry it during the whole competition.

5. That I commit to complying with the security rules and protocols established by the Organization for the **Matxicots 2020 event** I am going to participate in as well as to having a responsible behaviour that does not increase the risks for my physical and mental integrity. I will follow the instructions and respect the decisions of the staff of the Organisation (judges, doctors and organizers) in terms of security.

6. That I authorise the medical services of the competition to dispense any care or diagnosis I may need, whether I am able to ask for it or not. In case I am required to do so, I commit to leaving the race, if the medical services consider it necessary for my personal health.

7. That I authorise the Organization to use any photo, film or recording provided that they are exclusively related to my participation in this event.

8. That my numbered bib is personal and non-transferrable and that no other person or participant is allowed to wear it for me.

9. That I voluntarily participate in the race, under my sole responsibility, and that I therefore exempt the Organization, the collaborators, the sponsors and other participants from any responsibility for any physical harm or material damage.

10. That I commit to observing the following general rules aimed at respecting the environment:

- a) **Move carefully along the tracks and roads that are open to traffic.**
- b) **Move along slowly in the presence of people, animals or vehicles.**
- c) **Not alter the natural processes and evolution of ecosystems.**
- d) **Not damage the biotic, geological or cultural resources, i.e. the landscape.**
- e) **Avoid environmentally sensitive areas.**
- f) **Do my business in the appropriate places, under no circumstances in the water or in crossing or meeting points.**
- g) **Not light a fire nor create situations of fire hazard.**
- h) **Not use or set up any structure or element that may leave a permanent ecological imprint.**
- i) **Not dump nor leave objects, solid or liquid rubbish out of the usual containers aimed at their collection.**

Name and Surname: ID Number:

Signature:

Bib number: