



## DECLARATION OF PHYSICAL FITNESS AND PERSONAL LIABILITY FOR OHRID TRAIL 2019

I, undersigned below, hereby state:

FIRST NAME AND LAST NAME \_\_\_\_\_ RACE NO. \_\_\_\_\_

1. That I have read, understood and fully accept the Rules and Regulations governing the sports event in which I take part (OHRID TRAIL 2019), that will take place on 25th, May 2019. The Rules and Regulations are published at the official website of the event ([www.ohridtrail.mk](http://www.ohridtrail.mk)).
2. That I am sure of being sufficiently prepared (physically and psychologically) to take part of the race. 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.ohridtrail.mk](http://www.ohridtrail.mk)).
4. That I am aware that this type of event entails an additional risk for the participants. I therefore state that I am taking part in the event of my own free will and at my own initiative, and I fully assume the risks and consequences derived from my participation.
5. That I have sufficient knowledge and technical skill to guarantee my own safety in the environment and conditions of autonomy in which the event takes place. I also have the sports and safety gear required by the Organizer 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 wear it/carry it on my person during the entire event.
6. I commit to obey the rules and safety protocols established by the Organizer of the race in which I take part; and to behave responsibly, avoiding conducts that increase risks to my physical or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the Organization (judges, doctors and organizers) with respect to all aspects of safety.
7. That I authorise the Medical Services of the event to perform on my person any medical procedure or diagnostic test that they deem 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 deem it necessary for the sake of my health.
8. That I authorise the event Organizer to take and use any photography, film or recording of my person taken during the event, providing they are exclusively related to my participation in the event; and that I will not receive any compensation in return.
9. That before or during the event, I will not consume any prohibited substances considered as doping substances by the athletics and mountaineering federations. I am aware that the Organization may

oblige the first three classified participants of each category per race to undergo an anti-doping control.

10. That I am aware that my race-bib is personal and non-transferable, therefore I will not cede it or sell it to any other person in any case, even in the case that I cannot assist to the event.
11. That I am taking part in the event of my own free will and on my own responsibility. Therefore, I exonerate of any responsibility the Organizer, its collaborators, sponsors and any other participants, exempting them from any liability for any physical or material harm that may occur to me, and therefore, I waive my right to file a report or claim against said parties.
12. That I undertake to follow the general guidelines of respect for nature and for other persons. Said guidelines are described below:
  - To exercise 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.
  - To not cause any alterations in the processes and natural functioning of the ecosystems.
  - To not cause any deterioration to the biotic, geological or cultural resources, or in general to the landscape.
  - To dodge or avoid environmental sensitive areas.
  - To perform any physiological needs in appropriate places, or in any case, out of water and far from passage or meeting points.
  - To not light any fire or cause any situation of risk of fire.
  - To not use or install any type of structure or element that leaves a permanent trace on the environment.
  - To not trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.
  - To not leave the marked trail.

(place) \_\_\_\_\_ on (day) \_\_\_\_\_ (month) \_\_\_\_\_ in 2019.

SIGNATURE

FIRST NAME AND LAST NAME \_\_\_\_\_ RACE NO. \_\_\_\_\_