

## 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 23, 2022**. The regulations are published at the official website of the event ([www.penyagolosatrails.com](http://www.penyagolosatrails.com)).
2. Be aware of the measures set out in the protocol for the prevention of COVID in the event.
3. Undertake to comply with the guidelines, health and safety standards and follow the recommendations set out in the protocol, as well as the instructions of the staff.
4. In the last 14 days I have not been diagnosed with or suffered from symptoms compatible with COVID, neither I have had close contact with a person diagnosed with COVID.
5. I declare not to take part in the event in case of tested positive in COVID and have not completed the required period of isolation or being under house quarantine because I had close contact with someone with symptoms or diagnosed of COVID-19, as well as if I am waiting for the results of the diagnostic tests.
6. 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.
7. 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.penyagolosatrails.com](http://www.penyagolosatrails.com)).
8. 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.
9. 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.
10. 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.
11. 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.

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

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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, 2022. This document must be uploaded on the website [www.penyagolosatrails.com](http://www.penyagolosatrails.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.**