

INFORMED CONSENT FOR THE PRACTICE OF SPORTS ACTIVITIES

I, _____ with ID / PASSPORT / CNI: _____

Runner in the race (select):

- VDA 162km CDH 105km PDA 55km SKY 15km

Through this MANIFESTO document:

1. That I have read and accepted at the time of registration the Rules of the race to be held on 9/10/11 July 2021. The Rules are published on the official website of the race:
<http://www.aranbyutmb.com/en/>
2. That I am physically prepared for the competition, I have good health, without suffering from illness, physical defect or injury that could be worsened by my participation in the event. If during the race I may suffer any type of injury or any other circumstance that could seriously harm my health, I will inform the organization before the start.
3. That I have previously consulted on the race website <http://www.aranbyutmb.com/en/> the profiles of the race, the distance and its route.
4. That I am aware that this type of competition, when taking place in the natural environment, in places that are difficult to access and control, carry an added risk for the participants. For this reason, I attend by my own will and initiative, fully assuming the risks and consequences derived from my participation.
5. That I have the sports and safety equipment required by the organization in the Regulations and I guarantee that it is in good condition, that I know how to use it properly and that I will carry it throughout the competition.
6. That I agree to comply with the security standards and protocols established by the organization, as well as to maintain responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions made by the heads of the organization (judges, doctors and organizers) in terms of safety.
7. That I authorize the medical services of the race to perform any cure or diagnostic test that I may need, whether or not I am in a position to request it. I promise to abandon the race if they deem it necessary for my health.
8. That, being aware of the high environmental value of the places where the race takes place, I promise to respect the environment scrupulously, especially:
 - a. Running exclusively on the marked paths, without cutting off or opening new paths.
 - b. Not altering flora or fauna, respecting the indications of the organization and the regulations in the peripheral area of the Aigüestortes i Estany de Sant Maurici National Park.
 - c. Not throwing waste or any other kind of objects in a place other than those authorized at the Organization's control points and I will mark the packages with the bib number.
9. That I authorize the Val d'Aran by UTMB® Organization to use any photograph or recording that I take of my participation in the event, for promotional or informative purposes. I also authorize the processing of my data for the necessary sports purposes, according to the data protection law.
10. That I participate voluntarily and under my own responsibility in the race. Therefore, I exempt the organization, collaborators, sponsors and any other participant from any responsibility for any physical or material damage.

On _____, on _____ of _____, 2021,

ACCORDING

Name and surname:

DNI:

Signature: