

# Disclaimer

With this document, I, ....., with D.N.I./Passport:.....

declare, understand and agree with the following:

- I know and I agree to the rules of the Spanish Triathlon Federation, under which the sporting event called Ocean Lava Triathlon, is to be held on October 26, 2019.
- I am physically well prepared for the competition, in good general health, not suffering from any disease, physical defect or injury that may be aggravated by my participation in this race. If during the race, I suffer some kind of injury or any other situation that could seriously damage my health, I will inform the Organization as soon as possible.
- I attend of my own will and fully accept the risks and consequences of my participation.
- I agree to abide by the rules and the security protocols established by the Organization for the race in which I will participate, and to maintain a responsible behaviour that does not increase the risks to my physical safety, or the safety of the rest of the participants, or the staff of the Organization.
- I authorize the Medical Services, to give me any treatment or diagnostic test that might be needed and I agree not to suspend that treatment if the Medical Services think it necessary for my health.
- I authorize the organization the use on any photograph, footage or recording obtained during the event,
- I participate voluntarily and accept full responsibility during the race. Therefore, I exempt the Organization, collaborators, sponsors and any other participants, from any liability for any physical or material damage and therefore renounce any complaint or lawsuit against them.
- I know that the organizer reserves the right to accept a participant or not. Should I not be admitted, even having paid the subscription, I understand that the amount paid would not be returned.
- I agree to follow the general guidelines of respect for the environment where the competition will take place and not to leave waste objects, either solid or liquid, outside of the places designated to collect them.
- I accept responsibility for any injury or damage that may be caused, both to me and to third parties if I fail to comply with the rules as stated.
- I know of the specific regulations for the event as well as the regulations of the Spanish Triathlon Federation. I agree with these stated regulations and agree to accept, abide by and comply with them.
- I know and accept that in the case of the event being suspended, before race day, for any reason whatsoever, I will be reimbursed with the part of my registration fee that has not already been spent on a third party.
- I know and accept that in the case of the event being suspended for any reason during the race day, the registration fee will not be returned.
- I know and accept that I exempt any responsibility from the organization for the personal belongings deposited in boxes, cloakrooms or for any of the equipment used in the event.
- I know and accept that I exempt any responsibility from the organization for any physical or material damage that may occur before, during or after the event

And for the record, I sign in Puerto del Carmen, on \_\_\_ of October 2019



Signature: \_\_\_\_\_

# Environmental declaration

With this document, I, ..... , with D.N.I./PASSPORT. .... I have shown to be knowledgeable and to assume and respect the environmental commitments in force during my participation in the Ocean Lava Triathlon and that are detailed below:

- I assume that my participation in the next edition of the OCEAN LAVA 2018 career entails a commitment on my part towards respecting the ecological, environmental and ethnographic values of the place where the test is held, in accordance with the specific regulation of the place where that the competition and/or of all those restrictions derived from the environmental protection figures currently enjoyed by the place of the test is developed.
- That I commit myself to comply with the environmental norms and protocols established by the Organization for the race in which I will participate, as well as willingly attend the indications that could be sent from the staff of the organization, security and emergency bodies and other people who are integrated in the development of the event. All this is a guarantee of conservation of the natural values that motivated the declaration of this natural space under a protection figure.
- I am informed (as stated in the regulations) and I accept that not complying with any or some of these environmental commitments could be grounds for disqualification of the race, taking into account the seriousness of the fault incurred, without prejudice to Other responsibilities associated with the environmental protection regulations in force in the natural area in question.
- I will strictly follow the route stipulated by the organization, without abandoning the routes marked as safeguarding the natural conditions of the layout, flora and local fauna.
- I promise not to throw garbage or any type of waste during the entire course of the test, including those derived from containers of gels and own material that makes use. In case I must get rid of any waste, I will go to any of the career volunteers located in the provisioning stations.
- I am aware that in the refreshment posts I will not dispose of disposable containers for the intake of liquids and / or to transport it during the race, so I will have to use my own stockings (camelback, drums, etc.).
- I will avoid emitting noises or shouts along the route, just as I will not use any sound element that could alter the natural habitat of species that are characteristic of the area, especially local birds sensitive to these actions
- Under no concept or reason can I alter the normal layout of the route leaving any mark or sign on the route that damages or modifies the natural state of the route.
- I will warn and inform the people who accompany me during my participation in the race about their obligation to comply with all those recommendations and indications regarding environmental respect that the organization of the event diffuses publicly through different ways and procedures. I will also encourage you to follow my evolutions in the test from the different viewpoints established by the organization.

And for the record, I sign in Puerto del Carmen, on \_\_\_\_ of October 2019



Signature: \_\_\_\_\_