

DOLOMITI EXTREME TRAIL

DECLARATION OF WAIVER OF RESPONSIBILITY **Valid for the registration on the event “Dolomiti Extreme Trail”.**

On registering for the aforementioned event

I CONFIRM

that I am aware of the difficulty of the trail route, its paths and tracks, and am also aware of the risks to my personal well-being resulting from mountain trail competitions.

By accepting the present document

I DECLARE

that I am of sound mind and

1 to comply with all the provisions that will be taken by the Organization even at the last minute;

2 with regard to the race chosen and if required by the Rules, throughout the competition, that I will take with me all the necessary obligatory equipment. The equipment must be complete and fully functioning and I exonerate the Organisation and its members from any civil or criminal responsibility for damages incurred from things and/or persons, including personal injuries, accidents, illness and/or death resulting from lack or malfunctioning of the obligatory equipment indicated;

3 that I am aware what is the mandatory material required by the regulations for the race I have chosen, including the following:

- a) rucksack
- b) water bottle or other suitable water container (1 litre);
- c) glass or other container suitable for drinking at refreshment stops;
- d) food reserves;
- e) survival blanket;
- f) whistle
- g) adhesive elastic band suitable for a bandage (min 80 cm x 3 cm);
- h) waterproof jacket designed to withstand bad conditions at high altitude;
- i) pants or race leggings (at least knee length), worn or in the backpack;
- j) hat or head kerchief;
- k) long sleeve top, worn or in the backpack;
- l) mobile phone with charged battery
- m) 1 frontal light with spare batteries and 1 emergency frontal light
- n) red light (flashing)
- o) shoes suitable for mountain running;

4 that I accept to have all the obligatory material inspected at any moment throughout the competition by any member of the Organisation with such responsibility and to be aware that the lack or malfunction of even just one item can determine my disqualification from the race;

5 that I accept the uncontested judgment of the members of the Organisation assigned to control all obligatory material;

6 that I am wholly aware of the length and specificity of the competition and to be wholly prepared to run the race, both psychologically and physically;

7 that I have acquired, prior to the race, a true capacity to be personally autonomous in the mountains, enough to be able to manage problems linked to this type of competition and in particular:

7a. that I know how to deal with difficult weather conditions resulting from altitude (night time, wind, cold, fog, rain, snow and other adverse weather conditions) and know how to deal with these on my own and without the need for assistance;

7b. that I am able to deal with physical and psychological problems that may arise as a result of fatigue and tiredness, amongst which examples: gastrointestinal problems, muscular or articular pain, small wounds, etc.; this even when and where I am isolated;

7c. that I am aware that the role of the organisers and third parties assigned by the organisers is not that of assisting an athlete to deal with these problems and that for mountain races, safety is dependent on the athlete's capacity to deal and adapt to unpredictable problems that may arise;

7d. that I am aware that during the competition there can arise risks of any kind for one's safety and/or one's personal belongings and that such risks may not necessarily be indicated to me beforehand by the Organisation and/or its members and/or third parties assigned by the organisers. Furthermore, even where such risks were to be indicated and/or security equipment provided by the Organisers, its members or assigned third parties, my personal safety may nevertheless not be guaranteed;

8 that I commit to running the race, as an athlete, following the specific course indicated by the Organisation and only such course;

9 that I exonerate the Organisation "Atletica Zoldo", the race director and the person in charge of the course from any civil or criminal responsibility relevant to each and any damage and/or accident and/or illness and/or death and/or loss that I may incur personally and/or to my personal belongings that I may be carrying before, during and after the competition, even if I have following correctly all the instructions and directives provided by the Organisation;

10 that I authorise as of now the assigned Health and Medical Staff to undertake the necessary first aid assistance to me, were I to need such during the competition, should I incur an injury of any nature and at such moment I were not conscious and/or in a state to be able to give such authorisation;

11 that I commit to not consuming alcohol or doping substances and/or drugs before and/or during the competition, being aware that should I do so, the Organisation may be able to prosecute me should I cause any image damage to the same Organisation as a result of the use of such doping substances and/or drugs and/or I do not respect the environment during the competition;

12 that I am aware the Organisation can rely on the Police or other monitoring staff in order to assure complete control of the situation along the race course and that I comply with any decision taken by the same Police or other such staff in the case of disputes of violations of Race Regulations and other commitments agreed to under this declaration or as a result of suspension or interruption of the competition due to force majeure.

I also declare to accept full and exclusive civil and criminal responsibility, exonerating the Organisation and assigned third parties (including all administrators, members, consultants, suppliers and voluntary staff of the same Organisation) from any and every responsibility for any damages, loss or injuries, even where fatal, that I and/or my personal belongings may incur during my participation in the race, whichever the cause, even in the case where the parties indicated above have acted with negligence, with the exception of that these acts fall outside the limits of the law. I also declare to take full and exclusive civil and criminal responsibility for every and any damage, even where fatal, caused by me to third parties, and/or property and assets belonging to third parties.

I hereby confirm to have read and agree with everything indicated with my signature

DECLARATION ON MY HONOUR

I declare on my honour:

- that I do not use drugs or doping substances;
- that I will maintain a commendable conduct during the race, with regards to all participants, the environment and all people, things, animals that I will come across on and off the course, throughout the competition;
- that I am aware and informed of the medical contraindications that may be relevant to me and that I undertake to regularly informing the Organisation at any moment before the race, should I come aware of any pathologies or medical conditions that I may incur that could impede and/or make difficult and/or dangerous my participation;
- that, as a result, I exonerate the Organisation from any type of civil or criminal responsibility for medical problems that could occur to me during the competition;
- that I accept full and exclusive civil and criminal responsibility resulting from any untruths and/or incompleteness that I have indicated and/or declared to the Organisation and/or third parties assigned by the Organisation in relation to my participation in the competition.

Registration for the race implies acceptance of this waiver in all its parts and without reservations.

