



LANZAROTE
SWIMRUN[®]
BY CENTRO DEPORTIVO FARIONES **HEAD**[®]



DISCLAIMERS OF RESPONSIBILITY

Accepting responsibilities:

I have read and I accept all the terms and rules given for the race "SWIMRUN LANZAROTE" that will be celebrated on November the 23rd 2019.

I declare that I'm physically prepared for the competition, and that I enjoy good health without suffering any kind of illness, injury or physical problems that can make me feel worse if I participate in the race. If during the race, I suffer some injury or if I get involved in any bad circumstances that could damage my health, I will inform the organization as soon as possible.

I'm aware that this kind of competition organized in natural places, as well as in places with both difficult access and control, pose an added risk to the runners. Therefore I present voluntarily knowing all the risks, dangers as well as the consequences of my participation.

Also I have all the equipment required by the organization to participate in good condition, I know how to use it properly and I will wear it during the whole competition. (You can find the necessary equipment on the website <http://www.swimrunlanzarote.com/>).

I agree to follow the rules established by the organization and to have a responsible behavior, which would avoid increasing any risks that might exist against my physical or mental integrity. I will follow the instructions and decisions taken by the people in charge of the organization (judges, doctors and organizers) in terms of security.

I authorize the medical services of the race, to practice anything that I might need. I commit to leave the race if they think that would be necessary to preserve my health.

I participate voluntarily and under my own responsibility in the race. For this reason, I exempt myself from any liability to the organization, sponsors and other participants, for any physical or material harm.

Date 23rd November 2019

Name and surname _____

Signature: