

I _____ with ID

_____, I, D E C L A R O, understand and

agree to the following:

1. I am aware of and fully accept the regulations of the Spanish Triathlon Federation, which govern the sporting event called **Ocean Lava Santa Cruz Tenerife**, to be held on 12 March 2023.
2. I am physically well prepared for the competition, I am in good general health, and I do not suffer from any illness, physical defect or injury that could be aggravated by my participation in the event. If, during the race, I suffer any type of injury or any other circumstance that could seriously damage my health, I will inform the organisers as soon as possible.
3. I attend of my own free will and on my own initiative and assume all risks and consequences of my participation.
4. I undertake to comply with the safety rules and protocols established by the Organization for the race in which I am going to take part, as well as to maintain a responsible behaviour that does not increase the risks to my physical integrity, nor to the rest of the participants, nor to the staff of the organization. I will follow the instructions and abide by the decisions taken by those responsible for the organisation in terms of safety.
5. I authorise the Medical Services of the test to carry out any treatment or diagnostic test that I may need, whether or not I am in a position to request it; upon their request I undertake to abandon the test if they deem it necessary for my health.
6. I authorise the organisers of the event to use any photographs, filming or recordings obtained, provided that they are exclusively related to my participation in this event.
7. That I participate voluntarily and under my own responsibility in the race. Consequently, I exonerate or exempt from any responsibility to the Organization, collaborators, sponsors and any other participants, for any physical or material damage and, therefore, I renounce to file a complaint or lawsuit against them.
8. I am aware that the organising entity reserves the right to admit or not admit any participant, even if I have paid the subscription fees, which would NOT be returned to me if I am not admitted.
9. I undertake to follow the general guidelines of respect for the environment and the surroundings where the competition will take place, not to dump or abandon objects or solid or liquid waste outside the places usually provided for the collection of the same.
10. To hold me responsible for any injury and damage that I may cause to myself or to third parties as a result of my failure to comply with this declaration.
11. I am aware of the specific regulations of the event as well as the regulations of the Spanish Triathlon Federation, I agree with the aforementioned regulations and I undertake to accept, abide by and comply with them.
12. I acknowledge and accept that in case of suspension of the race for any reason before the race, I will be refunded the corresponding part of my registration fee not committed to third parties.
13. I acknowledge and accept that in the event of suspension of the race for any reason during the race, I will NOT be refunded any registration fee.
14. I know and accept that I exempt the organisation from any responsibility for the material deposited in the boxes and in the cloakroom and for the material used in the race.
15. I acknowledge and accept that I release the organisation from any responsibility for any physical or material damage I may suffer before, during or after the event.

Aware and in
agreement

Signature

In Santa Cruz de Tenerife, on ____ March 2023