

Disclaimer Auenland Adventure Race 2019

1. I hereby read, understand and abide the rules of the Dutch Adventure Race Series and the specific regulation of the Auenland Adventure Race 2019 that will be held in Germany from 14th to 16th of June 2019.
2. I am into physical fitness for the competition, I'm in good health and suffer no diseases, physical disability or injury that could be aggravated with my participation in the race. Should I suffer any injury or any other circumstances that could seriously damage my health, I'll inform the organization as soon as possible.
3. I'm aware that this kind of competitions, being held in nature in places of difficult access and control, constitute an additional risk for the runners. That's why I come on my own will and take all the risks and consequences of my participation.
4. I authorize the Auenland Adventure Race organization to practice any cure or diagnostic test I could need even if I'm not able to ask for it. I am committed to leave the race on request if they consider it necessary for my health.
5. I won't take banned substances before or during the race, considered as DOPING by the World Anti-Doping Agency (WADA).
6. I abide all the public laws applied (current traffic laws, nature preservation and care rules, natural parks rules); and the respect in general for the grounds I'll go through, both private and public estate:
 - Run with caution by paths and roads open to traffic.
 - Run slowly in front of people, animals or other vehicles.
 - Attend physical needs in appropriate places or, in any case, far from water, rocky areas and crossing or meeting points.
 - Don't use soaps or detergents in the water sources or streams.
 - Don't light a fire or cause risk situations.
7. I have enough physical abilities, technical skills, and means of survival in order to guarantee my own security throughout the different disciplines and special race tests, under the conditions of autonomy in which they take place. Besides, I am equipped with sport and safety devices required for the different disciplines I'll undertake. These approved devices are in good condition and I know how to make use of them properly.



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8. I know and control the security protocols set out for each discipline I'll step in, and I promise to comply with the security rules established by the organization; as well as to keep a responsible behavior that avoids risks for my physical integrity. I'll follow instructions and obey the decisions taken by the organization regarding safety issues.

9. I authorize the use of any picture, video or recording they take whenever it is exclusively related to my participation in this event. I authorize the use of these media materials for use on the website and social media like Facebook & Instagram or for other promotional activities related to the Auenland Adventure Race.

10. **I willingly participate under my responsibility** in the race, and therefore I exonerate or absolve of liability to the organization, partners, sponsors or any other participant, of any physical or material harm, and therefore, I RESIGN from bringing any complaint or claim against them.

11. I know that the implementation of the regulation of this race admits of no exception except for those referred to in the regulation.

Understood and agreed.

Date: _____

Place: _____

Team name: _____

Name: _____ Name: _____

Signature: _____ Signature: _____