

INFORMED CONSENT

SALOMON ULTRA PIRINEU® 2023

Hereby STATE:

1. That I have read, understood and fully accept the Rules and Regulations governing the sports event in which I take part (**SUP100k, SMP42k, SMP21k or LMNPvk**), that will take place on 29st and 30st of September, 1st of October 2023. The Rules and Regulations are published on the official website of the event (www.ultrapirineu.com).

2. (**SUP100k runners only**) That between 01/01/2021 and the day of the race I have participated in a mountain race, crossing or training of at least 40 km.

3. That it is only my responsibility to ensure being sufficiently prepared (physically and psychologically) to take part of the race, and to follow the appropriate medical controls and effort tests to guarantee that I enjoy good health, not suffering from any disease, allergy, physical defect, lesion or cardio-respiratory disorder advising against taking part in the event.

4. That I am fully aware of the difficulties of the event, its course, profile and distance; which I have previously consulted at the event website www.ultrapirineu.com.

5. That I am aware that the route of the race includes high altitude mountain sections with technical difficulty, entailing serious risk of injury and of falling into the void.

6. That I am aware that the route crosses rivers and streams that may suddenly increase their flow.

7. That I am aware that the race takes place in high altitude mountain areas wherein weather forecasts are less precise than in lower elevations, and wherein sudden extreme weather events may occur, such as sudden fall of temperatures (even below 0C), rain, fog, snow, hail, strong winds, electrical storms, etc, which may put my life in risk.

8. That I am aware that along the route I may encounter livestock, wild animals and insects that may attack me, even for no apparent reason or provocation from my part.

9. That I am aware that along the route there are plant species and poisonous mushrooms that I shouldn't touch and/or eat.

10. That I am aware that along the route and in the mountain cabins there are fountains and streams with non-controlled water, which may therefore be NOT POTABLE.

11. That I am aware that in conditions with fog or low visibility, the markings may be insufficient to orientate myself properly and that I may easily get lost. In case of detecting that I am out of the route (and not able to go back to the marked trail), I will stop and call to ask for help. I will get prepared for a long wait that may take several hours until being localized or until the visibility improves.

12. That I am aware that there are many sections of the route without mobile phone signal, so there is a risk of not being able to request help when needed.

13. That I am aware that in case of needing help from the Organization and/or rescue teams, these may take several hours to reach me in extreme weather conditions and/or lack of visibility, especially if I am out of the marked trail.

14. That I am aware that the definitive list of technical gear and equipment that is mandatory or recommended by the Organization is based on the weather forecast, and therefore it may be insufficient if the forecast does not materialise or in case of sudden extreme weather events such as sudden fall of temperatures (even below 0C), rain, fog, snow, hail, strong winds, electrical

storms, etc, Therefore, I am the sole responsible to assess this risk inherent to the mountain, and decide whether I should bring additional equipment for my own safety considering the risks described above.

15. I commit to obey the rules and safety protocols established by the Organizer of the race in which I take part; and to behave responsibly, avoiding conducts that increase risks to my physical or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the Organization (judges, doctors and Organizers) with respect to all aspects of safety.

16. That I authorise the Medical Services of the event to perform on my person any medical procedure or diagnostic test that they deem appropriate in any moment of the event, whether or not I have requested it myself. Whenever requested by them, I undertake to abandon the event and/or allow my hospitalization, if they deem it necessary for the sake of my health.

17. That I authorise the event Organizer to take and use any photography, film or recording of my person taken during the event, providing they are exclusively related to my participation in the event; and that I will not receive any compensation in return.

18. That before or during the event, I will not consume any prohibited substances considered as doping substances by the athletics and mountaineering federations. I am aware that the Organization may oblige the first three classified participants of each category per race to undergo an anti-doping control.

19. That I am aware that my race-bib is personal and non-transferable, therefore I will not cede it or sell it to any other person in any case, even in the case that I cannot assist to the event.

20. That I'll not trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.

21. That I'll not leave the marked trail.

22. That I'll close any livestock fencing that I had to open to go through.

23. That being informed and aware of all the risks, I am taking part in the event of my own free will and on my own responsibility. Therefore, I exonerate of any responsibility the Organizer, its collaborators, sponsors and any other participants, exempting them from any liability for any physical or material harm that may occur to me, and therefore, I waive my right to file a report or claim against said parties.

In (city)..... , on (day)..... of (month).....of 2023

Name and surname

ID NUMBER

SUP100k

SMP42k

SMP21k

LMNPvk

SIGNATURE