



## DISCLAIMER AND CERTIFICATE OF PHYSICAL HEALTH

### MANIFEST:

1. I know, I have read and accept in full the BARCELONA TRAIL RACES (BTR) Regulations published on the official website of the event ([www.bcncntrailraces.com](http://www.bcncntrailraces.com)) to be held on November 19th, 2022.
2. That I am physically and psychologically well prepared to perform the race and that I follow the necessary medical checks to ensure that I have general good health, without suffering from disease, cardiorespiratory, physical defect or injury, which would discourage my participation in BTR.
3. That I am aware of the hardness of this type of trail running races, of its route, slope and distance, details that I know and I consulted in the official web of the race.
4. That I am aware that this type of races poses an additional risk to those we participate in, as they occur in the natural environment, often in places of difficult access and control, and therefore entail additional risk for the participants. Therefore, I participate in self-will and by own initiative, assuming in full the risks and consequences derived from my attendance.
5. That I have the knowledge and the physical capacity and sufficient technical skill to guarantee my own safety, in the environment and under the conditions of semi-sufficiency in which the race is celebrate. I also have the sports and safety equipment required in the regulations by the organization guaranteeing that I will carry it throughout the competition, that is in good condition and that I know how to use it properly.
6. That doping is prohibited and that I take into account the Anti-Doping Rules of the CSE.
7. That my bib-number is personal and not transferable so that another participant cannot take it, I will not sell it or sell it to another person, even if I cannot attend the race.

8. That I undertake to comply with the protocols and norms of securities established by the organization of the BTR, as well as to maintain a responsible behaviour that does not increase the risks for my physical or mental integrity and that of the other participants. I will follow the instructions and will abide by the decisions made by those responsible for the organization in security matters.

9. That I authorize the medical services of the race, to practice any cure or diagnostic test I may need, whether or not I can apply for it myself. Before your requirements, I promise to abandon the race and allow my hospitalization if they think it's necessary for my health and physical integrity.

10. That I authorize the organization to use any photograph, filming or recording it takes whenever it is exclusively related to my participation in this event, and not to receive any kind of consideration in return.

11. I participate voluntarily and under my own responsibility. Consequently, I exonerate or exonerate from any liability to the organization, collaborators, sponsors and any other participants for any physical or material damage that occurs in me and, therefore, I waive the filing of a complaint or suit against the afore mentioned.

12. That I undertake to follow the general guidelines of respect for the environment and the Good Practices of the Natural Park of Collserola that are detailed below:

- Remember that you are in a natural park, a protected area where it is necessary to have a respectful attitude towards the environment.
- It is important to follow the signs, you must not leave the marked course or take shortcuts, or go off the track.
- No glasses will be available at the refreshment points. Each runner must carry and use their own glass to consume beverages.
- Each runner must mark their food with their bib-number using a permanent marker.
- Waste (wraps, gels, papers, etc.) must be deposited in the bins found at the refreshment points and at the finish point.
- Please use public transport to access the competition center.
- According to the ordinances of the Collserola Natural Park, it is prohibited to pick flowers or bushes.
- Maintain discretion and silence when you are in the woods, not disturb the tranquility of the surroundings.
- Respect property both public and private.

13. I am aware and agree with everything manifested in this release sheet of disclaimer and certificate of physical health.