



Associazione sportiva dilettantistica Carniabike
via Grialba, 35 - 33028 Tolmezzo (UD)
e-mail: info@carniabike.it sito: www.carniabike.it
Cod. Fisc. 93007460301 Part.IVA 01786020303

DISCLAIMER OF LIABILITY

Valid for the event "177K - MTB Carnia Marathon" 10 - 13 September 2020

I state

to have read, understood and accepted the Exhibition Regulations; to be aware of the difficulties of the route, paths and tracks, as well as to be aware of the risks to personal safety associated with mountain biking in the mountains. By signing this form

DECLARE

in the midst of my mental faculties

1. to accept the regulation in all its parts. Here is an excerpt:

mandatory team equipment: 3 air chambers, tire chaser, pump. Multitool, chain stretcher and falsamaglia. Gps with track of the route. Medical kit for small wounds.

Compulsory material for each participant: water bottles for 1,5l. gel and energy bars. Thermal sheet. Mobile phone. Front battery with spare battery. Jacket and bandana or cap. Any winter clothing decided on the basis of weather conditions. Sleeping bag and mattress for overnight stays.

2. to accept the controls of the mandatory material and the MTB that may be carried out at any time of the competition by the members of the organization in charge of this and to be aware that the lack or malfunction of even one of the mandatory materials between the the equipment I brought into the race can determine my disqualification from the competition;

3. To be the first person responsible for the care and maintenance of the MTB throughout the event to guarantee its correct functioning and the necessary safety;

4. to accept the unquestionable judgment of the members of the organization in charge of checking the mandatory materials and MTBs;

5. to be absolutely aware of the length and specificity of the competition and to be perfectly prepared to face it, both physically and psychologically;

6. to have acquired, before the competition, a real capacity for personal autonomy in the mountains to better manage the problems related to this type of competition and in particular:

a) knowing how to deal alone and unaided with climatic conditions that could become difficult due to altitude (night, wind, cold, fog, rain, snow or other adverse climatic conditions);

b) be able to manage, even if isolated, the physical or psychological problems that may arise due to great fatigue, including, for example, gastrointestinal problems, muscle or joint pain, small injuries, etc.;

c) to be aware that the role of the organization and the third parties appointed by it is not to help a runner to manage these problems and that, for mountain running, safety depends on the runner's ability to adapt to the problems encountered and / or foreseeable;

d) to be aware that during the competition risks of any kind may arise for my safety and / or my personal effects and that these risks may not be previously reported to me by the organization and / or its members and / or third parties designated by it and that, even if these risks are reported by the organization and / or its members and / or by third parties designated by it for this purpose or in any case provide me with safety equipment, my safety and security may not be equally guaranteed;

7. to commit myself to travel, as an athlete, the specific path indicated by the organization and only that path;

8. to exempt the organization "ASD Carnia Bike", the race director and the person in charge of the course from any civil and criminal liability regarding any and all damage and / or accidents and / or illness and / or death and / or loss that may occur to my person and / or personal effects that I carry with me before, during and after the competition in any way, even after carefully following the instructions and directives of the organization;

9. to authorize now the medical personnel in charge of giving me the necessary first aid care if, during my participation in the

competition, I need an accident of any kind and at this moment I am not aware and / or in full force of mine mental faculties; 11. to commit myself not to use alcohol or doping and / or narcotic substances before and / or during my participation in the competition,





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being aware that the organization will be able to take advantage of me, in the event that it causes damage to the image of the same for the use of doping and / or narcotic substances and / or for the lack of respect for the environment during the competition;
10. to be aware that the organization can make use of staff, whether belonging to the police or not, to carry out checks along the path of the competition and to refer to the decisions of the same, in case of any complaints of violation of the Regulations and of the commitments made with this declaration or in the event of suspension or interruption of the competition due to force majeure.

I also declare to assume full and exclusive civil and criminal liability, freeing the organization and the third parties designated by it (including the respective administrators and members, collaborators, consultants, suppliers and volunteers) from any and all liability for any damage, loss or injury it is fatal that I and / or my personal effects may suffer during my participation in the tender, whatever the cause, even in the event of negligent conduct by the aforementioned freed subjects, subject to the limits of the law.

I also declare to assume full and exclusive civil and criminal liability for any and all damage, even fatal, possibly caused by me to third parties and / or to property owned by third parties.

DECLARATION ON HONOR

I declare on my honor:

1. not to use drugs and / or doping substances;
2. to maintain a commendable race conduct in respect of competitors, the environment and all the people, things, animals that I will meet along the way and outside it;
3. to be aware and informed of the medical contraindications that concern me and to commit myself to keep the organization promptly informed in the event that, before my participation in the competition, I become aware of any pathologies and medical conditions that may prevent and / or make my participation difficult and / or dangerous;
4. consequently, to relieve the organization from any type of civil and criminal liability for medical problems that could occur to me during the event;
5. to take on any civil and criminal liability deriving from any falsehood and / or incompleteness of what I have signed and / or declared to the organization and / or third parties designated by it for this purpose regarding my participation in the competition.

PRIVACY LAW AND IMAGE LAW

I authorize the "ASD Carnia Bike" to process my personal data only for purposes functional to its activity and in compliance with the criteria of correctness and lawfulness, pursuant to Law 196/2003 Code regarding the protection of personal data, as well as the EU regulation . 679 / 2016UE., Expressly forbidding to transfer them to others and it being understood that at any time I will be able to request their cancellation. I expressly renounce to take advantage of the image rights before, during and after the race, as well as renounce any appeal and / or action against the organization and its partners enabled for the use made of my image. I also authorize, without limitation, that my images are disclosed to third parties and to the organization's sponsors also on the occasion of advertising campaigns, fairs, conferences, events, etc. by any legal means and support, such as, for example, CDs, DVDs, audiovisual systems, internet, etc. This authorization is granted in full freedom and autonomy, without conditions or reservations and completely free of charge.

Place and date

Name and Surname Signature for acceptance





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