



CARNICA

ULTRA ♦ TRAIL

DECLARATION OF LIABILITY - ONLY FOR VISION

Valid for the event "120K - Carnica Ultra Trail" of 25 - 28 July 2024

I STATE

to have read, understood and accepted the Rules of the event; to be aware of the difficulties of the route, of the paths and of the tracks, as well as being aware of the risks for personal safety connected to the competition in the mountains. By signing this form

DECLARE

in full of my mental faculties

1. With reference to the race selected and if required by the regulations, to commit to bring with me, throughout the duration of the competition, all the mandatory equipment listed at the following point
 2. perfectly intact and functioning, and to exempt the organization and its members from any civil and criminal liability for damages suffered by things and / or persons, including personal injury, accidents, illness and / or death due to lack or malice operation of the aforementioned mandatory material;
 3. to be aware that the mandatory material is as follows:
 1. containers for 1.5 liters of water
 2. gel or energy bars
 3. shoes suitable for trail running
 4. glass
 5. thermal sheet for survival
 6. mobile: in which we will ask you to enter the numbers of the organization
 7. emergency whistle
 8. 2 front batteries with spare batteries
 9. waterproof and breathable jacket with hood suitable for bad weather in the mountains
 10. cap or bandana
 11. rainproof gloves or alternatively warm winter gloves
 12. pants or tights that cover the knee, worn or in the backpack
 13. second warm layer
 14. elastic bandage for bandages
 15. sunscreen
 16. sleeping bag and mattress track for overnight stay in base camp
 4. to accept the controls of the obligatory material that can be carried out in every moment of the competition by the members of the organization in charge and to be aware that the lack or the malfunctioning of only one of the obligatory materials among the equipment me carried in the race can determine my disqualification from the competition;
 5. to accept the unquestionable judgment of the members of the organization responsible for checking the mandatory materials;
 6. to be absolutely aware of the length and specificity of the competition and to be perfectly prepared to face it, both physically and psychologically;
 7. 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 with climatic conditions alone and without help that could become difficult due to altitude (night, wind, cold, fog, rain, snow or other adverse weather conditions);
 - b) be able to manage, even if you are isolated, the physical or psychological problems that may arise due to the great tiredness, including, for example, gastrointestinal problems, muscle or joint pain, small wounds, etc.;
 - c) to be aware that the role of the organization and the third parties appointed by it is not to help a runner handle these problems and that, for mountain running, safety depends on the rider's ability to adapt to the problems encountered and / or predictable;
-



CARNICA

ULTRA ♦ TRAIL

d) to be aware that during the competition there may be risks of any kind 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 such risks are reported by the organization and / or its members and / or by third parties designated by it or in any case provide me with safety equipment, my safety and security may not to be equally guaranteed;

8. to commit myself to run, as an athlete, in the specific route indicated by the organization and only in this path;

9. to exempt the organization "APS Idee di Corsa", the race director and the person responsible for the path from any civil and criminal liability regarding any and all damages and / or accidents and / or illness and / or death and / or loss that may incur 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;

10. to authorize as of now the medical staff responsible for providing me the necessary first aid if, during my participation in the competition, I need an injury of any kind and at that time is not conscious and / or full of my mental faculties;

11. to commit myself not to use alcohol or doping substances and / or drugs before and / or during my participation in the competition, being aware that the organization will be able to take action against me, in the event that it causes damage to 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;

12. to be aware that the organization can make use of personnel, belonging to law enforcement or not, to carry out checks along the route of the competition and to refer back to the decisions of the same, in case of any claims of infringement of the Regulations and commitments undertaken with this declaration or in case of suspension or interruption of competition due to force majeure.

I also declare to take full and exclusive civil and criminal liability, freeing the organization and third parties designated by it (including the respective directors and members, collaborators, consultants, suppliers and volunteers) from any and all liability for any damage, loss or injury fatal that I myself and / or my personal effects may suffer during my participation in the competition, whatever the cause, even in the case of negligent conduct of the aforementioned subjects released, subject to the limits of the law. I also declare to take full and exclusive civil and criminal liability for any and all damages, even fatal, possibly caused to me by third parties and / or property owned by third parties.

NAME AND SURNAME

SIGNATURE
