

Mr/Ms \_\_\_\_\_  
\_\_\_\_\_ with Passport \_\_\_\_\_ and address in \_\_\_\_\_

I DECLARE RESPONSIBLY

1. As the undersigned that all the data contained in this document and in the inscription are true.
2. I fully know and accept the Rules of Sierra Oeste Swim Challenge 2019, which will be held on September 21nd, 2019. The regulations are published on the website [www.challenge-madrid.com](http://www.challenge-madrid.com)
3. That I am physically well prepared for the competition, enjoyment of general good health, without suffering disease, physical defect or injury that may be aggravated by my participation in said event. If during the event, I suffered any type of injury or any other circumstance that could seriously damage my health, I will inform the organization as soon as possible.
4. That I am aware that this type of competition, when developed in a natural environment, roads or in places of difficult control and access, entail an additional risk for the participants. For this reason, I have my own will and initiative, fully assuming the risks and consequences derived from my participation.
5. That I have sufficient physical capacity and technical skill to guarantee my own safety, under the conditions in which the test is conducted.
6. I have mastered and committed to comply with the norms and safety protocols established by the organization for the Sierra Oeste Swim Challenge 2019 in which I will take part, as well as to maintain a responsible behavior that does not increase the risks for my physical or mental integrity. I will follow the instructions and follow the decisions of the organization (organizers and medical service) on security issues.
7. That I authorize the medical services of the test, to practice any cure or diagnostic test that I may need, being or not able to request it. Committing myself to abandon the test if they consider it necessary for my health.
8. That I authorize the organization to use any data, photograph, recording or filming that is taken, as long as it is exclusively related to my participation in this event.
9. That my bib number is personal and non-transferable and that therefore, no other participant or person can take it in my place.
10. That I am aware that the test takes place in a sensitive and protected environment, on roads and trails of environmental interest
11. That I undertake to follow the general guidelines of respect to roads and the environment that are listed below:
  - a) To travel prudently on tracks and roads open to traffic;
  - b) Do not impair biotic, geological, cultural or, in general, landscape resources;
  - c) Make the physiological needs in the appropriate places enabled by the organization;
  - d) Do not dispose of or dispose of solid or liquid objects or waste outside the authorized places enabled by the organization and of which I have been informed.

In ..... to ..... of ..... 2019.

Acknowledged and conforming:

Name and signature:

Passport.: