



Flaminia Militare Trail

Flaminia Militare Trail 2024

Consent Form_FMT_2024_EN_Rev.1.0

CONSENT FORM

By accepting this form, the athlete:

1) declares to have read carefully in its entirety and accepted in full and without reservation the Rules of the event;

2) declares to be fully aware of all the characteristics and specifics of the race, the track, the difficulty and the length of the path, which runs through the mountains with possible difficult weather conditions (such as, but not limited to: cold, wind, rain, poor visibility, etc.); to be aware of the risks to personal safety related to the competition; to be an expert in mountain terrain running / Trail Running / Skyrunning / Outdoor Running and understands that participation in this event requires specific preparation, real physical ability and a personal autonomy which the undersigned confirms to possess;

3) declares not to make use of performance-enhancing substances, is in possession of a medical certificate attesting the fitness to engage in sporting activities, is in good health, and exempts the organizers from any liability related to the assessment of the participant's eligibility;

4) agrees to carry, throughout the duration of the competition, the following **mandatory items**, plus any other materials that the race direction deems appropriate to introduce as mandatory in the event of adverse weather conditions, and exempts the organizers from any liability in the event of an accident or illness or any damage due to the lack of any such mandatory items, and accepts that checks of the mandatory items may be made at any time during the race, and declares to be aware and accepts that a lack of even one of the required items may result in disqualification at the sole discretion of the individuals responsible for monitoring the race:

- Running shoes between the categories A2 and A5 (intermediate-> trail)
- Running pack to carry mandatory gear throughout the race.
- Identity card
- Water bottle or camel bag (minimum capacity 1 liter)
- Cup or other container suitable for drinking at the refreshment points/water point
- Food supplies
- One working headlamp with spare batteries
- Survival blankets
- Whistle
- Elastic adhesive bandage that can be used as a dressing
- Soft Shell Jacket minimum 10 000 Schmerber
- Hat or bandana
- Mobile phone (add the safety numbers of the organisation to the phone book, do not conceal the number, and make sure the battery is fully charged before setting out). Keep the phone on, airplane mode is forbidden and could give rise to penalties. The runner must be reachable at any time before, during and after the race.



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5) undertakes, under penalty of exclusion from the event, to behave in accordance with the principles of respect and good sportsmanship during the race and not to behave, under any circumstances, in any way contrary to the law and rules of the race that would endanger the participant's own or other people's safety; the participant also agrees to respect the environment, according to the principle "**run without leaving a trace**";

6) accepts all liability both criminal and civil related to its participation in the event;

exempts the organizers from any liability, direct or indirect, for any pecuniary and/or non-pecuniary damages or losses, including future, sudden illnesses, and / or injury, which the participant may suffer and / or cause, even to third parties, during the entire duration of the event and / or during and / or as a result of its participation in it;

exempts the organizers from any liability related to the theft and / or damage that may be caused to any of its personal items, responsibility over which is not assumed in any way by the organizers, and any liability for any damage he / she caused to third parties and / or to property owned by third parties;

7) confirms to have received and fully understood the following information pursuant to article 13 of Legislative Decree No.196 / 2003:

the personal data of subscribers to the event is treated in accordance with Legislative Decree 30 June 2003, n. 196; the personal information is collected at the time of registration and is provided directly by those registering; the absence of personal data makes it impossible to accept the registration; the data is processed in paper and electronic form by the organizers, for all purposes related to the organization of the event, also in order to provide those concerned with information about the participants and the results of the event; the same data can be communicated to employees, contractors, companies and / or companies engaged in organizing the event and the organizers' consultants for these purposes; as regards any sensitive data it contains, members are required to expressly give their consent for the processing of such sensitive data; the dissemination, or transmission of sensitive data is not envisaged;

8) confirms to have read and understood the notice in the preceding paragraph, and authorizes the processing and disclosure of their personal data, for all purposes related to the event and for the possible publication of the results of the race; authorizes the sending of informative material related to subsequent events or various initiatives proposed by the organizers, and authorizes the use of any photographic and film materials for the production of articles, videos and message boards, published in print and online (including downloads). Pursuant to and for the purposes of Articles 1341 and 1342 of the Civil Code the participant hereby confirms that he/she has carefully read, understood and accepted all of the terms and conditions set out above.