

**By signing this form, the undersigned** \_\_\_\_\_

**Born in:** \_\_\_\_\_ **on:** \_\_\_\_\_

**1** – declares to have carefully read and fully understood the regulations of the event named **VLC – Vertical del Lago di Como**, and to accept them in their entirety and without reservations.

**2** – declares to be fully aware of all the characteristics and specific aspects of the race, the course, and the difficulties of the route, which takes place in a mountainous environment and may involve adverse weather conditions (including but not limited to cold, wind, rain, snow, low visibility, with temperatures ranging from -5°C to +20°C, etc.), and is aware of the risks to personal safety associated with participating in the competition.

**3** – declares to be experienced in mountain running/trail running/skyrunning competitions and acknowledges that participation in the VLC – Vertical del Lago di Como requires specific training and a real ability for personal autonomy, which he/she affirms to possess.

**4** – declares to be in possession of a valid medical certificate (a copy of which is provided) certifying fitness for competitive sports involving high cardiovascular effort, to be in good health, and releases the organizers from any liability related to or arising from the verification of such fitness.

**5** – agrees to carry with him/herself, for the entire duration of the competition, the mandatory equipment as explicitly indicated in the race regulations, and releases the organization from any liability in the event of accidents, illness, or damage resulting from the lack of such equipment; accepts the mandatory gear checks that may be carried out at any time during the race. Acknowledges that the absence of even a single mandatory item during the race may lead to disqualification, and accepts the unquestionable judgment of those in charge of these checks.

**6** – agrees to behave in accordance with the principles of fairness and sportsmanship, to refrain from any behavior that is against the law or the rules and could endanger his/her own or others' safety, and to behave respectfully towards the environment, in accordance with the principle of "leave no trace."

**7** – the athlete, aware of the consequences of making false statements, acknowledges and confirms to have personally reviewed the race course and, in full possession of his/her faculties, considers it appropriate to his/her technical level. Fully aware that the course includes particularly challenging and difficult sections (classified as "E" according to the C.A.I. definition), even if assisted by staff, the athlete affirms to have an appropriate skyrunning background for the race entered, having participated in similar events in the recent past and having sufficient mountain experience to tackle the course. He/she confirms to have been thoroughly informed by the organizers about the potential dangers of the event taking place in a mountain environment with inevitable objective risks for all participants. With this awareness, the athlete agrees to assume such risk and expressly releases the organizers from any liability for non-serious misconduct (in any case within legal limits) in relation to any incident involving the athlete. The athlete also releases the organization from any liability for theft and/or damage to any of his/her personal belongings, which he/she is aware are not in any way under the custody of the organizers, and from any liability for damage he/she may cause to third parties and/or their property.

**8** – hereby gives consent to the organization and third parties authorized by them to photograph, film, and/or record him/her. The organization and their authorized third parties may broadcast, publish, license, and use any photograph, film, recording, or image of the athlete without compensation and without any limitation. The organization, their authorized third parties, and any entities purchasing usage rights of said images or videos (including downloads) shall not be held liable by the athlete for any use of the material.

**9** – declares to have received and understood the information pursuant to Art. 13 of Legislative Decree no. 196/2003: the personal data of event participants are processed in compliance with Legislative Decree no. 196 of 30/06/2003; personal data are collected at the time of registration and are provided directly by the data subjects; failure to provide personal data results in the impossibility of accepting the registration; data are processed in both paper and electronic format by the organizers, for all purposes connected to the organization of the event, including their communication to FISky for the drafting of various official rankings, to provide participants with information about the competitors and event results; such data may also be communicated to employees, collaborators, companies and/or organizations involved in organizing the event. Regarding any sensitive data provided at the time of registration, the participants expressly give their consent for their processing; communication, dissemination, or transmission of sensitive data is not foreseen.

**10** – having taken note of the above information, authorizes the processing and communication of his/her personal data for purposes related to the organization of the event and the possible publication of race results; gives consent for the specified data processing and authorizes the sending of information about future events or initiatives proposed by the organizers.

**Pursuant to Articles 1341 and 1342 of the Italian Civil Code, the undersigned declares to have carefully examined and specifically approved all the clauses listed in points 1 through 10 above.**

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_ **Athlete's signature:** \_\_\_\_\_