

INFORMED CONSENT FOR PARTICIPATION IN HOKA VAL D'ARAN BY UTMB®

By accepting this document, I STATE AND DECLARE:

1. That, prior to completing my registration, I have had access to the Official Regulations of HOKA Val d'Aran by UTMB® in force on the date of my registration, to their annexes and to the contractual documentation applicable to my participation; that I have read, understood and accepted them, and that I undertake to comply with any official instructions that the Race Management may issue before or during the event.
2. That I am physically prepared for the competition and that my state of health is compatible with a mountain trail running race of the characteristics of the one in which I am participating. I declare that I do not suffer from any illness, physical defect, injury or limitation that may be aggravated by my participation. I undertake to inform the Organisation, before the start, of any relevant change in my state of health or any circumstance that could seriously affect my health during the race.
3. That I have previously consulted the official information available about the race, including the profile, distance, elevation gain, route, cut-off times, semi-autonomy conditions, mandatory equipment and aid points, and that I understand its physical and technical demands.
4. That I am aware that this type of competition takes place in a natural environment and, in certain sections, in high mountain areas, in places that are difficult to access and control. I understand that there are inherent risks that cannot be completely eliminated, including, among others: falls, trauma, sprains, fractures, extreme exhaustion, dehydration, hyponatremia, hypothermia, hyperthermia, storms, atmospheric electrical discharges, wind, snow, ice, fog, rockfalls, flooding, loss of orientation, presence of wildlife, communication failures or lack of communications, delays in assistance or rescue, serious injuries, permanent disability and even death.
5. That I participate of my own free will and initiative, with knowledge of the nature of the activity and its inherent risks, and I accept that these risks are part of a mountain trail running competition and cannot be completely eliminated through the actions of the Organisation.
6. That I know and accept the principle of semi-autonomy established in the Regulations. I assume primary responsibility for managing, throughout the race, my hydration, nutrition, clothing, equipment, pace of progression, effort management and ability to continue safely. I acknowledge that aid stations are support points within this semi-autonomy framework and that their existence does not replace my responsibility to have and manage the food and hydration required between the different aid points.
7. That I have the sports and safety equipment required as mandatory by the Regulations, that it is in good condition, that I know how to use it properly and that I will carry it with me throughout the competition. I acknowledge that the mandatory equipment constitutes a regulatory minimum and that it is my responsibility to adapt, supplement and use it appropriately according to my abilities, needs and the actual mountain conditions.
8. That I undertake to comply with the safety rules and protocols established by the Organisation and to behave responsibly so as not to increase the risks to my physical or psychological integrity or that of third parties. I will follow the instructions and comply with the decisions adopted by the Race Management, referees, judges, medical staff, safety managers, station managers and other authorised personnel, especially when such decisions are taken for safety reasons.
9. That I understand that weather conditions in the mountains can change rapidly and, on occasions, be difficult to predict at local level. I accept that, under the terms set out in the Regulations, the Organisation may modify routes, schedules, cut-off times, aid points or services; neutralise sections; require additional equipment; delay starts; suspend, stop or cancel the race in whole or in part when necessary for safety, meteorological, environmental, administrative or operational reasons.
10. That I authorise the official medical services of the race to provide any treatment, diagnostic tests and healthcare interventions that may be necessary, even when, due to my condition, I am not able to request or reiterate such authorisation. I undertake to withdraw from the race when the medical staff or authorised officials consider it necessary to protect my health or safety.
11. That I acknowledge that assistance, location, rescue and evacuation operations may be affected or delayed by factors such as weather, terrain, accessibility, communications coverage, availability of resources or the safety of the responding teams, and that immediate assistance or evacuation at any point on the course cannot be guaranteed.
12. That I accept that certain services planned by the Organisation, including aid stations, controls, transport for withdrawn participants, schedules, aid points or routes, may need to be adapted, modified, delayed or, exceptionally, withdrawn under the terms set out in the Regulations when operational, meteorological, environmental, administrative or safety reasons arise. In such circumstances, the Organisation will take the reasonably possible measures to reduce their impact on participants.

13. That, being aware of the high environmental value of the areas through which the race passes, I undertake to respect the environment scrupulously, in particular by:
 - a. Using only the marked paths, without taking shortcuts or opening new trails.
 - b. Not disturbing the flora or fauna, complying with the instructions of the Organisation and the applicable regulations, including those corresponding to the peripheral area of Aigüestortes i Estany de Sant Maurici National Park when the route passes through its area.
 - c. Not discarding waste or any other objects outside the places designated by the Organisation and marking wrappers with my bib number when required by the Regulations.
14. That I authorise the Organisation of HOKA Val d'Aran by UTMB® to use photographs, videos or recordings obtained of my participation in the race for the purposes and under the terms set out in the official event documentation. I also declare that I have been informed about the processing of my personal data in accordance with the applicable regulations and the event privacy policy.
15. That I declare that I will not participate under the influence of alcohol, drugs, prohibited substances or medication that may significantly reduce my physical, cognitive or reaction abilities to participate safely, and that it is my responsibility to assess the effects of any medication I use.
16. That I understand that the Organisation plans and deploys the human, technical, medical, safety and logistical resources that are reasonably appropriate for the characteristics of the race. I acknowledge that this constitutes an obligation to provide the reasonably required means and not an absolute guarantee that all risks inherent in an activity carried out in the mountains will be eliminated.
17. That I acknowledge that the liability of the Organisation will be determined in accordance with the applicable law. This consent does not constitute a waiver of any rights that are legally non-waivable, but confirms that I have received information about the nature of the activity, its conditions of participation and the inherent risks that I voluntarily assume.
18. That I participate freely and voluntarily in the race and accept that any physical, material or financial damage arising exclusively from the inherent risks of the activity forms part of the nature of the activity and will not give rise to liability on the part of the Organisation when it has acted with the reasonably required diligence and in accordance with the applicable law.
19. That, to the extent permitted by applicable law, I release UTMB Iberia, the Race Management, members of the Organisation, volunteers, sponsors, partners and other persons or entities connected with the event from liability in respect of physical, material or financial damage arising exclusively from the inherent risks assumed through my participation, without this declaration extending to circumstances in which the applicable law establishes the liability of the Organisation or any of those persons or entities.
20. That I have read this document in full, understand its content, have had sufficient opportunity to ask questions before accepting it and give my free, express and informed consent to participate in HOKA Val d'Aran by UTMB® **by means of the acceptance checkbox provided during the registration process.**