

PLEASE READ CAREFULLY

In signing up for **3 días Trail Ibiza** I hereby certify that I have not had COVID-19 symptoms in the last 15 days, nor have I been in contact with anybody who may have or has, shown symptoms in the last month.

I hereby certify that I am aware of the contagious nature of COVID-19 and I voluntarily assume any and all risks that I may be exposed to upon participating in the event. That exposure to or infection with said virus could result in personal injury, illness, permanent disability and death. I understand that the risk of being exposed to and/or infected by COVID-19 at **3 días Trail Ibiza** could be the result of actions, omissions or negligence by myself or by others, including but not limited to, the members of Club Trideporte, volunteers and participants.

I voluntarily assume all the aforementioned risks and I accept exclusive responsibility for any injury (including but not limited to, personal injury, disability and death), illness, damage, loss, reclamation, responsibility or expense, of any kind, that may be sustained by me while participating in **3 días Trail Ibiza**.

In my name and with my inscription I agree to indemnify, defend and hold harmless the **Club Trideporte** and the **Ayuntamiento de Sant Antoni**, the **Ayuntamiento de Sant Josep** and the **Ayuntamiento de Ibiza** from and against any and all costs, expenses, damages, lawsuits and/or liabilities or claims arising whether directly or indirectly from or related to any and all claims made by or against any of the released parties due to injury, loss or death from or related to COVID-19, whether the infection happened before, during or after any event organised by the club.

And if in the last 15 days I have symptoms such as a cough, a temperature or breathing difficulties? I will not attend the **3 días Trail Ibiza**, and even better I will **STAY HOME**.