

## STATEMENT OF RESPONSIBILITY

---

1. I recognize that participating in sporting events of this nature can be potentially dangerous and I am aware that accidents may occur. I declare to be in possession of the necessary physical condition to participate and complete the test in which I entered, participating in it freely and with full knowledge of its regulations and obligations arising therefrom, taking responsibility for my participation and not imputing responsibilities to people, companies or entities directly or indirectly involved in the organization or promotion of the event, for any personal and material damages that I caused, that I may suffer in the course of my participation.
2. I also give my permission for the event organizer or promoter to use my name and image in photos, videos or other means of image transmission.
3. I will adopt a socially responsible behavior, exemplarily complying with the general measures recommended by the Directorate-General for Health, in my life in society and during sports practice, namely, respiratory etiquette, frequent hand hygiene, and, whenever applicable, physical distance and the use of a mask.
4. I promise to wear a mask in all situations provided and recommended by health authorities.
5. I will monitor my signs and symptoms, namely fever, cough and breathing difficulties, during sports practice, either in the context of training or in competition, in particular, on the eve and on the day of training and competition.
6. I will inform my club or federation, immediately, regarding any contacts with suspected individuals of COVID-19 or with confirmed cases of infection by SARS-CoV-2, as well as the manifestation of signs and symptoms of COVID-19, namely fever, cough, or difficulty breathing. I will apply this same rule to all members of my household.
7. I accept to undergo the laboratory tests for SARS-CoV-2 determined by the medical team of my club, federation, by the Health Authorities and by the Organization of the event Oh Meu Deus Ultra Trail Serra da Estrela edition 2021.
8. I will participate, whenever requested, in social and educational initiatives to raise the awareness of all sports agents and society for the prevention and control of COVID-19.

\*\*\*\*\*

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_