

## Participants Declaration Tromsø Mountain Challenge August 21st-23rd 2020

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Due to the extraordinary situation the organisers of this event wish to set extra focus on the safety of our participants. We kindly ask you to notify us about any issues regarding your health.

I confirm that:

- I am not in quarantine, nor supposed to be in quarantine
- I had no contact with persons that tested positive for covid-19
- I did, during the past 14 days, not test positive for covid-19
- I had no symptoms of covid-19 that could indicated a possible infection

Symptoms indicating an infection often initiate with a soar throat, symptoms of a cold and a mild cough, a general feeling of being unwell and having muscle pain. Diarrhoea may occur in some individual cases as well as loss of taste and smell can be a symptom.

- I am known to governmental and public regulations regarding the corona situation
- I am familiar with the regulations of this race and will accept them before, during and after the race

I participate on the  Ultra,  HalvUltra,  Ekstremløpet,  Tindløpet or  Trippel.

I understand comprehensively all potential risks in the competition and have already prepared precautionary measures based on personal health. I am willing to undertake the full responsibility of all personal emergency risks which occur during the competition, and agree that the organizers do not undertake any responsibilities of injury, death, or any other forms of loss, which is caused by participants themselves.

I agree to accept the first aid and emergency medical treatment provided by the organizers during the competition, and I shall pay the expenditures by myself in accordance with medical treatment incurred in hospital.

I confirm that my registration is based on true individual information, and I will not transfer my bib number to any others. I can apply cart and compass in order to navigate in terrain.

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

Start Number: \_\_\_\_\_

Cell phone during the race: \_\_\_\_\_

Additional Information: \_\_\_\_\_

Date and signature
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