

**PARTICIPANT'S DECLARATION REGARDING HEALTH STATUS
AND LACK OF CONTRAINDICATIONS FOR PARTICIPATION IN THE
RACE**

RACE AROUND POLAND

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First name and surname, address of residence, date of birth

Signing up for participation in the *Race Around Poland* cycling race, being aware that:

- a) Cycling is an endurance sport, requiring perfect physical and mental fitness, resilience to experienced conditions, and efficient functions of the body;
- b) A cycling race on a route of approximately 3600 km in open road traffic, passing through varied types of terrain, including significant elevations, of continuous and multi-day nature, requires a participant to undertake extreme effort and is associated with above-average risk of negative health consequences in any form, regardless of previous stamina training as well as hazards resulting from decreased focus while on the move, etc.;

I, the undersigned, declare that I have had adequate medical care and have undergone regular medical examinations confirming my eligibility to participate in cycling races, I am aware of my health status and I report there are no contraindications that could prevent me from safely taking part in the Race.

I enter the Race at my own responsibility. I have read the Regulations and I undertake to comply with it and adhere to recommendations of the Organiser.

I understand that the Organiser will not be liable for any injury or other health detriment I might experience during the Race or any possible, negative effect of my participation in the Race on my health.

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Legible signature of the participant