



## SELF DECLARATION FORM FOR PARTICIPATION

I have read and understood the rules and regulations mentioned in the attached 'Rules and Regulations' sheet, with respect to Mon-Duro 2021.

I acknowledge that the risks, dangers and hazards of Mountain Biking are increased during races, competitions and contests, due to the competitive nature of the activity and the fact that there will be other participants on the course. I agree not to hold the organisers and authorised volunteers responsible for any mishap, should any mishap occur. I realise that the organisers and volunteers will do all possible to provide for my safety. In the event of an accident in which I get injured, I give my express consent to the organisers and volunteers to obtain medical treatment for me and will bear all expenses incurred.

I have understood the contents of this declaration and i hereby affix my signature on this document and i further agree to the terms written above.

Name:

Date:

Mobile No:

Address:

Emergency Contact No 1:

Emergency Contact No 2:

Address for correspondence in case of emergency:

Signature