

# Disclaimer

- Participants certify that they are 18 years of age or older and have read these Conditions and accept the terms and conditions it contains.
- Participants agree and acknowledge that they are aware that a competitive Triathlon involves the real risk of serious injury or even death from various causes including exertion, strenuous activity, equipment failure, dehydration, collisions or incidents involving other competitors, spectators, other road users and/or vehicles, aspects of the course or bad weather conditions and other causes. Participants understand they should not enter or participate in Garmin Ocean Lava Malta 113k Triathlon & National Championships unless they have trained appropriately and had any health concerns checked by a medical practitioner.
- Participants acknowledge that participation in Garmin Ocean Lava Malta 113k Triathlon & National Championships will be physically demanding and are aware of the nature of the event and the associated medical and physical risks involved. Participants accept they are physically capable of competing in Garmin Ocean Lava Malta 113k Triathlon & National Championships and agree its officers, employees, agents, affiliates, sponsors or medical advisers are not responsible for any injury or illness that Participants may suffer as a result of participation in the Garmin Ocean Lava Malta 113k Triathlon & National Championships.
- Participants will inform the organizers of any form of any illness from which they might suffer from and that might affect their performance or be relevant if medical treatment is needed. Participants agree to abide by all race rules and directions issued with respect to the Garmin Ocean Lava Malta 113k Triathlon.
- Participants acknowledge that by reason of circumstance beyond the organisers' control, it may become necessary to change the format of the Garmin Ocean Lava Malta 113k Triathlon and if that occurs, they consent to the changes and agree that each and every one of the conditions set out herein shall apply to the changed Garmin Ocean Lava Malta 113k Triathlon.
- Participants give permission to our Garmin Ocean Lava Malta 113k Triathlon & National Championships staff to make decisions concerning medical care and treatment, and where necessary to authorise such care and treatment in emergency situations. Participants understand Garmin Ocean Lava Malta 113k Triathlon & National Championships staff will make every reasonable effort, in the circumstances, to reach Participant emergency contact (if supplied to organisers prior to registering for this event). In the event that Participants' contact cannot be reached in an emergency, participants hereby give permission to the licensed medical professional whose services might be required to provide medical care and treatment.
- By agreeing to these Conditions and entering the Garmin Ocean Lava Malta 113k Triathlon & National Championships, Participants indicate that they have the understanding and capacity to communicate health care directives for themselves and that they are fully informed and understand the full import of this grant of powers to our Garmin Ocean Lava Malta 113k Triathlon & National Championships staff.
- Participants are strongly advised to obtain personal accident and personal items coverage, adequate for the Garmin Ocean Lava Malta 113k Triathlon & National Championships.

- Athletes agree to abide by all Malta Triathlon Federation rules and regulations and shall not be entitled to a refund of the Fees if you are disqualified from the Event as a result of infringing these Conditions. Such event rules (including limits on the time taken to complete a section of the Event), may be initiated by us at our discretion to ensure the safe and proper running of the Event.
- Participants are aware of the time limits in order to complete the race which are
  - SWIM: 1 hour, 10 minutes after the official start
  - BIKE: 5 hours and 30 minutes after the official start
  - RUN: 8 hours 30 mins after the official start