

## Bike and Hike Granada

Bike and Hike For a Greener Planet

### Disclaimer and Declaration

Name of Trek:/ Ride \_\_\_\_\_ Date of Trek / Ride \_\_\_\_\_

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

Age: \_\_\_\_\_

### To be completed by participant (Part One)

Bike and Hike Granada / ride, take place in some remote and less-developed regions, without means of rapid evacuation, or medical supplies and facilities. In the event of an accident, illness or injury an evacuation will be slow and uncertain as these trips take place in mountainous, high altitude, or other hazardous terrain. Common and uncommon signs and symptoms of altitude sickness should be expected. These include, but are not limited to: sleeplessness, coughing, loss of appetite, nausea, vomiting, and muscle cramps. Severe cases of altitude sickness can include pulmonary and/or cerebral oedema. In addition, exposure to microorganisms unknown to our digestive system may cause symptoms from a wide array of gastrointestinal disorders despite the best efforts to treat drinking water and prepare food properly. A poor state of health can greatly increase the dangers and risks that can be incurred on these trips. Therefore, Bike and Hike Granada requires that all riders or hikers or outdoor activity participants are examined by a physician, are properly immunized for the destination(s).

Date –

Place-

Signature & Name of the participant

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**Avenida Cervantes, nº6, 6ºD, 18008 Granada, Spain**

**To be completed by participant (Part Two)**

The ..... Hike / Bicycle ride/ voluntourism participants/ Family Active Holidays participants route in the Andalusia has its share of risks and dangers, especially in respect to the terrain, weather, high altitude and desolate nature.

Accidents on this hike / ride can cause one to get injured, fall ill, and death too cannot be ruled out.

I hereby declare that my participation in this hike / ride is completely voluntary, and I am fully aware of the risks involved. I will not hold Bike and Hike Granada wholly or partly responsible in case of any accident, illness, injury or death on the trek or ride.

Signature and Name of the participant

Date :

Place :

Signature

