

# E-MOTION BIKE TOUR & SPORT EXPERIENCE

## NOTE OF INFORMED CONSENT TO THE ACTIVITY OF CYCLING AND CYCLING

Mr. / Mrs. .... born...../...../..... resident in .....

### READS AND TAKES NOTE OF THE FOLLOWING

- 1) The ASD GAIA** in the person of the legal representative Garlati Gaia, with registered office in via Statale 54, Tremezzina (CO) proposes the following activities:
  - a: organization of cycle tourist-sports excursions;
  - b: organization of recreational activities with the use of bicycles;
- 2) The ASD GAIA** in the execution of the proposed activities avails itself of the collaboration of Mountain Bike Guides and **Guides of the National Mountain Bike Academy, in possession of the professional and** psycho-physical requirements necessary to carry out the proposed activities.
- 3)** To carry out the proposed activities, the Customer **MUST** have good skills in driving the bike, as well as psycho-physical conditions suitable for these activities and suitable equipment. In this regard, we recommend comfortable clothing appropriate to weather conditions. **It is mandatory to use a helmet** and footwear well fixed to the feet (no slippers or open sandals). It is recommended to use tight and non-fluttering pants, a spare shirt and a windproof / rainproof jacket to carry in your backpack, together with a bottle of water and for longer excursions, a packed lunch when there is no stop at a refreshment point. **The ASD** provides customers with all the necessary information to face the proposed routes, informs about safety rules and if necessary can integrate the safety equipment.
- 4) ASD GAIA** informs that the activities take place in an open environment and you may encounter inaccessible and / or risky terrain conditions, together with unexpected weather variations. Despite the adoption of all the security measures that can be adopted in order to guarantee the safety of the participants, in such environments the risk cannot be eliminated.
- 5)** Customers must comply with the instructions provided by the **National Mountain Bike Guides and Guides** and therefore until the end of the excursion they will refer exclusively to the aforementioned professionals, who will be directly responsible for their physical safety and their safety and must may give any useful or necessary provision during the activities with the customer's obligation to adapt. In special or extreme cases independent of the will of the Guides and Companions, always in order to guarantee the safety and security of the Customers, there may be a change in the pre-established route or the early return to the final meeting point.

### ALL THE FOREGOING DECLARES AND SUBSCRIBES TO THE FOLLOWING

- 1) I declare that I have taken note of the above and that I am in possession of the required skills
- 2) I declare that I am in the psycho-physical conditions suitable to carry out the proposed activity and that I have not taken alcoholic, psychotropic or narcotic substances.
- 3) I declare to be in possession of suitable equipment to carry out the activities
- 4) I declare that I have been informed by the ASD GAIA in relation to the requirements necessary to be able to adhere to the proposed activities and the risks associated with it, to have received instructions and information on the routes that will be proposed by the National Mountain Bike Guides and Guides.
- 5) In relation to the information mentioned above and read and also to the signing of this information note, I declare that ASD GAIA has fulfilled all the information obligations regarding the methods of execution of the proposed activities, as well as the related risks and, moreover, to have received instructions and equipment compliant with the law to carry out these activities in total safety.
- 6) Read, approved and signed.**

Place and date.....

Signature.....