

SELF DECLARATION

Participation at the climbing competition DOLOROCK

Red point fight

The undersigned born on the
....., in and residing in
....., declares that:

- He/she is an experienced lead climber.
- He/she is familiar with and follows the best practice belay techniques and has experience in belaying.
- He/she is skilled in the correct knot tying techniques.
- He/she is aware that he/she bears the risk himself/herself during the competition.

Furthermore, he/she declares to keep to the following rules during the competition:

- To complete a partner check before climbing each route.
- To clip all the bolts or express slings in the route.
- To always make a knot on the dead end of the rope.
- To use material that complies with common standards.
- To be mindful of other participants.
- To keep to the common security standards.

Moreover, the organizers recommend to wear a helmet during the competition and to belay themselves in critical surroundings with risk of falling.

The Dolorock organizer does not assume any liability for accidents which may happen during and after the competition.

Toblach, _____

Date

Signature