



vertente
natural

Participation Terms



GENERAL PARTICIPATION TERMS

Having accepted to participate in the activities organised by Vertente Natural – Actividades Ecológicas e Culturais, Lda, the client acknowledges having read, fully understood and accepted the content of this document, undertaking to comply with what is hereby determined:

- The client/participant acknowledges and accepts the inherent risks of the activity, namely those resulting from meteorological or hydrological changes, equipment breakdown or malfunction and/or accidents resulting from the actions of other participants or Vertente Natural's staff and/or monitors;
- Acknowledges being covered by third-party liability and personal accidents insurance policies and is aware of their coverages;
- Finds himself physically fit to participate in the activity;
- Certifies not to be under the effects of alcohol, drugs or narcotic consumption that may in any way affect or limit their judgment and common sense;
- Certifies not having been advised by a health professional over any condition that may hinder or prevent participation on the activity;
- Undertakes to respect and follow all instructions or directions given by Vertente Natural's staff and/or monitors;
- Authorises the use of name and/or image related to participation in the activity and declines any compensation for its use.



SPECIFIC PARTICIPATION TERMS - COVID 19

In order to comply with all the recommendations set by the national health authority “**Direção-Geral da Saúde (DGS)**” and prevent dissemination of the SARS-CoV-2 reassuring the participants in our activities, **Vertente Natural** has applied for the “[Clean & Safe](#)” stamp, created by “Turismo de Portugal”.

Further to the national plan for preparation and response to the Covid-19 disease and the guidelines provided by DGS to mitigate its epidemiological evolution, Vertente Natural will, over the next few months adopt the present **Internal Protocol**, for all our activities:

1. We suggest that participants verify their temperature before moving on to the activity. In the event that any [symptoms](#) be detected or you suspect that you may be infected by Covid-19, you should not travel to participate in the activity and should contact the local health service [SNS](#) - 808 24 24 24 directly;
2. Likewise, after the activity, we ask you to please inform us in case anyone in your household shows symptoms (as per the authorities guidelines) so that we can advise other participants and our staff;
3. We suspended the initial and farewell greetings - in the traditional ways (handshake, kiss or hug) - between our guides and the participants;
4. In case you have to make your payment on the spot, participants must have the right amount available in cash, to be handed over to the guide, avoiding the need to return any change;
5. As far as possible, participants should leave their belongings in their vehicles, reducing the number of items they need to carry to a minimum (ex.: food, water, sun-screen, etc.);
6. Participants must always carry their own [personal protection equipment](#) ; if necessary, the guide will provide a disposable mask, upon payment;
7. During the activity, participants shall maintain, whenever possible, the [safety social distancing](#), in compliance with DGS recommendations – (minimum **2 meters** for side-by-side activities, or **4 meters**, for in-line activities);
8. Whenever and if necessary, we will provide alcohol to enable participants to disinfect their hands. This does not exclude the recommendation that participants bring their own **personal disinfectant**.
9. Until otherwise determined by the competent authorities, **Vertente Natural** will not provide access to changing rooms and/or showers;
10. Participants shall avoid any behaviour that may be considered of risk;
11. In case of suspected infection, during the course of the activity, the participant/s with symptoms will receive the required assistance from our guides, who will take all precautionary and control action to avoid risks of contagion, ensuring the patient's health and that of the group;
12. **Vertente Natural** will determine a maximum number of participants per group/guide, on all activities;
13. All participants must be aware that in all our activities, as much as in any other public space, they must know and practice all recommended procedures for [Hand Hygiene](#), [Respiratory Etiquette and Social Distancing](#).

Participants **who do not comply** with the above Internal Protocol and jeopardise their own safety and health as well as those of the group, may be invited to abandon the activity by **Vertente Natural**'s guide.

Over the next few months, **Vertente Natural** will follow all recommendations set by the DGS, reaffirming our compromise in respecting everybody's health.

For you and everyone else, be responsible! “Protect yourself and others!”

More information available from [Direção GERAL de Saúde – DGS](#).





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