



vertente  
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## 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.





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