



Health Declaration

I, the undersigned, hereby declare that I am healthy and physically as well as mentally fit to participate in the Eyal Run (hereinafter referred to as "the race") and have trained for it as required.

I declare that my physical and mental condition has been examined and approved prior to my participation in the race by a qualified physician and no abnormal findings were found.

I know that participating in a race involves a considerable amount of physical effort and I understand that participating in the race, if I am not physically fit, can endanger my health.

I know that the organizers' consent to my participation in the race relies on this statement that I am healthy and fit to participate in the race.

I pledge not to participate in the race in the following cases:

- **If my body temperature exceeds 38 degrees celsius on the day of the race.**
- **If I experience cough and / or respiratory symptoms (except for a cough caused by chronic asthma or allergy)**
- **If I have been in contact with a verified corona patient in the three weeks prior to the race date.**

I declare that, in the event of a change in my physical or mental state, I shall immediately update the race organizers.

I also declare that I participate in the race as a result of my personal choice and free will.

I know that this is a competition in high intensity, which involves physical and mental efforts and that the tracks pass through roads, open areas and fields that may be with water puddles, mud in hot / rainy / humid weather. I declare that I am aware of these conditions and remove from the organizers any responsibility in the event of any slipping, fall or injury caused by these conditions.

I declare that I do not have and will not have any complaints and / or claims of any kind against the organizers of the race and / or the Center for Education and Sport Ramat Hasharon and / or the Municipality of Ramat Hasharon for any harm caused to me and my property as a result of participating in the race, if caused.



I am aware that the organizers of the race and / or the Center for Education and Sport Ramat Hasharon and / or the municipality of Ramat Hasharon and / or their employees will not be held responsible for any damage that may be caused to me, including bodily and mental harm, that will be caused to me before, during or after the race.

I, the undersigned, hereby declare that I acknowledge the right of the organizers to prevent my participation before or during the race, for any reason whatsoever, as they deem fit.

I, the undersigned, hereby commit to comply with all instructions, regulations and requirements set forth herein or instructions to be decided by the organizers prior to or during the race.

I, the undersigned, hereby waive any right to tort claim against the Center for Education and Sport, the Municipality of Ramat Hasharon, the race organizers, their representatives, their escorts, the medical and / or paramedical staff and anyone directly or indirectly involved in the race.

I commit to indemnify the aforementioned parties for any damages caused to them and / or any payment required of them as a result of a claim or demand raised against such parties by me or by anyone on my behalf on matters regarding the race.

I, the undersigned, declare that I have read the [race protocol](#) and I understand and approve it.

I hereby declare that I have carefully read the Health Statement, I understand and approve it:

Name _____

Date _____

Signature _____