

ULTIMATE QUEST

Pool Freediving Competition

Liability and assumption of risk

I hereby declare that, to the best of my knowledge, I am physically and mentally healthy and capable of taking part in the Ultimate Quest freediving competition.

I do not suffer from any chronic cardiovascular, respiratory, or ear conditions, nor from any other illnesses that could impair my ability to practice freediving or participate in the competition. I confirm that I have undergone the appropriate medical examination and possess a medical certificate stating that there are no contraindications to practicing freediving. Furthermore, I declare that I am not under the influence of any medication that could affect my performance or pose a health risk during exertion.

I acknowledge that I am aware of the risks associated with freediving. In the event of any accident or health damage resulting from participation in the competition, I will not hold Freediving Poland Association, its board members, Quest Freediving Club, or any other persons involved in organizing the competition liable. I participate in the competition entirely at my own risk.

I understand that by taking part in this competition I may be filmed or photographed. I grant the organizers of the competition and their affiliates the right to use my photographic, video, or film image for all lawful purposes.

Name, Surname:

Date of birth:

Address:

Date of competition:

Signature: