

REGULATION

Before joining the event, read the REGULATION carefully:

Participants are expected to:

- respect the timetable and the established itinerary;
- show up in a suitable psychophysical condition, proper clothing and equipment. In case of any doubt, feel free to contact the guide;
- keep an appropriate behaviour during the event, respecting other people, animals, natural environment, private properties and sticking to the guide's instructions;
- follow the established route without getting away or abandoning the group;
- cooperate with the guide for the successful outcome of the event, besides being supportive with their decisions, especially in case of difficulty (environmental and/or participants conditions), and inform them about any issue occurring during the event, in particular concerning personal psychophysical or equipment conditions;
- not collect any flower or plants, unless it is related to specific activities;
- keep the waste until appropriate containers.

Every participant is responsible for any unsafe behaviour towards themselves or others, in particular if they take any action even though the contrary opinion of the guide.

Equipment:

Appropriate technical or sports gear, better if layered, walking boots or shoes in good conditions, waterproof jacket or cape, headgear, sun glasses, sunscreen, backpack in good conditions, at least 1,5 liters of water.

For everyone's own and group security, **participants that are not adequately equipped, could be excluded from the walk on the place of departure.**

Pets

Whoever wants to join the walk with their pets is asked to inform the guide at time of registration, to assess the suitability and modality of participation.

Photo and video

During the event photos and/or videos will be taken that could be used on websites of public domain or that will be used by the guide for advertisement purposes. Participation to the activities implies the go-ahead to posting this material.

This standard is not applied in case of specific refusal from the participant and in case of people under the age of 18.

GPS tracks

During walks it is allowed to use GPS devices for orientation purposes, but by taking part to the excursion, the participant agrees not to disclose eventual mapped tracks.

Declaration of suitability

The registration to the event implies the tacit acceptance of this regulation. The participant declares under their own responsibility that they are on a suitable psychophysical condition to take part in the activities. They also declare to have mentioned the guide any information that is useful for the purpose of evaluating the suitability to the walk.

COVID-19 REGULATION

The activities will be performed according to the terms of law about COVID-19.

PERSONAL PROTECTIVE EQUIPMENT

The participants need to have and use:

- 3 surgical masks;
- 3 pairs of disposable gloves (optional) of latex or nitrile;
- at least 150 ml of hand sanitizer not home made.

These equipments are not replaceable, therefore:

- **NO** scarf, neckwarmer, headband used instead of surgical mask;
- **NO** masks with filter or cap;
- **NO** home made sanitizer.

PERSONAL PROTECTIVE EQUIPMENT DISPOSAL. Every participant will have to be equipped with a plastic bag to store the used and potentially infected personal protective equipment.