



Mountains

Talstr. 43, 8541 Bad-Hindelang

Germany

Every participant in “Mountains” activities is obligated to read, fill and sign this form in order to complete his/her registration procedure

You may either print the form, fill it and send it via post to the address above, scan it or fill it online and send it back to us at info@harim-mountains.com.

Personal data:

| | |
|---|---|
| Name: | Last name: |
| I would like to register to: | In the dates: |
| Date of birth: | Male/Female |
| Height: | Shoe size: T-shirt size: |
| Telephone number (Cell): | Internet address: |
| Name and phone number of a relative/spouse In-case of an accident: | |

Declaration of personal health please marks an X in the right square:

| Do you suffer from: | Yeas (please specify) | No |
|--|-----------------------|----|
| Heart problems at present or in the past | | |
| Breathing and lungs diseases or problems | | |



| | | |
|--|--|--|
| Allergies and intolerances to food | | |
| Diabetes | | |
| Epilepsy | | |
| Injuries/ handicaps/ movement limitations/ back problems | | |
| Dizziness/loss of balance/ conscious loss | | |

I am a generally healthy individual Yes / No

Food preferences if there are (vegetarian, no pork, no fish etc.):

My level of physical fitness and the physical activity I do (character and frequency):

My background in mountain sports:

My fitness and technical abilities according to "Mountains" scale- please circle:

| | | | | | | |
|-----------------|---|----|---|---|---|---|
| Fitness: | A | B | C | D | | |
| Rock: | 1 | 1+ | 2 | 3 | 4 | 5 |
| Ice: | 1 | 1+ | 2 | 3 | 4 | 5 |

My ski/snowboard level according to "Mountains" scale- please circle:

| | | | | | | | |
|------------------|---|----|---|---|---|---|----|
| Ski | 1 | 1+ | 2 | 3 | 4 | 5 | 5+ |
| Snowboard | 1 | 1+ | 2 | 3 | 4 | 5 | 5+ |

- 1. I would like to participate in the activity offered by Harim-Mountains, I read and understood the registration conditions (PDF form) and I agree to them.**



- 2. I hereby declare that I have answered all the questions sincerely and that I am aware of the dangerous character of any kind of mountain sports such as mountaineering, skiing, ski touring, rock and ice climbing etc.**

Date:

Signature: