



INFORMATION AND CONSENT FORM FOR SNORKELING ACTIVITY

Organized by: DELFINI DEL PONENTE APS

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Snorkeling is a recreational activity that allows you to observe the marine environment while swimming on the surface, using a mask, snorkel, and, if needed, fins. While generally safe, it is important to be aware of potential risks and to follow safety precautions to engage in the activity responsibly.

MAIN POTENTIAL RISKS

Improper practice of snorkeling may involve certain risks, including:

- Accidental inhalation of water through the snorkel
- Sunburn, even while in the water
- Muscle cramps due to exertion or dehydration
- Hypothermia from prolonged exposure to cold water
- Cuts or abrasions from rocks or marine life
- Dizziness or physical discomfort due to fatigue, heat, hunger, or dehydration
- Allergic reactions to jellyfish stings or contact with other marine organisms

To minimize risks, it is essential to follow the guide's instructions, stay with the group, avoid touching marine animals, and maintain a safe distance from rocks and potentially dangerous seabeds.

REQUIREMENTS FOR PARTICIPATION

To participate in the snorkeling activity organized by *Delfini del Ponente APS*, the following conditions must be met:

- Be in good general health. In the case of medical conditions (e.g. respiratory, cardiovascular, severe allergies), the organization must be informed before the start of the activity
- Be at least 14 years of age
- Disclose the use of any medications, including occasional ones, that may affect alertness, heart rate, or breathing
- Eat a light breakfast; avoid heavy, fatty, or large meals, carbonated drinks, and alcohol
- Be able to swim and feel comfortable in the water.
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REQUIRED GEAR

Each participant must bring:

- Towel
- Swimsuit
- Water
- Water-resistant sunscreen
- A change of dry clothes

Snorkeling equipment (mask, snorkel, fins, and life vest if needed) will be provided on site unless otherwise indicated.



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MEDICAL FITNESS DECLARATION

I hereby declare that I am in good physical and mental health and that I do not suffer from any conditions (e.g. cardiac, respiratory, neurological, severe allergies) that may prevent my safe participation in the snorkeling activity. If such conditions exist, I have notified the organizers and will provide appropriate medical certification if requested.

ACTIVITY LIABILITY WAIVER

I hereby release “Delfini del Ponente APS”, its guides, staff, and volunteers from any civil or criminal liability for damage to persons or property that may occur during the activity, except in cases of willful misconduct or gross negligence.

DATA PROCESSING NOTICE (Art. 13 GDPR)

Personal data collected will be processed by Delfini del Ponente APS for the purposes of organizing the activity, ensuring participants' safety, insurance, and internal communication.

Processing will be in accordance with EU Regulation 679/2016 (GDPR). Data will not be disclosed to third parties, except where required by law or insurance purposes.

You may access, rectify, delete, or object to the processing of your data by contacting:
info@delfinidelponente.it

I consent to the processing of my personal data for the purposes outlined above

I consent to the use of photos and videos taken during the activity for promotional purposes (website, social media, brochures)

FINAL CONSENT DECLARATION

I declare that I have carefully read and understood all the information regarding the snorkeling activity, that I accept the related risks, that I am physically fit to participate, and that I agree to follow all instructions provided by the guides.

Place and Date: _____

Signature of participant (if over 18): _____

IF THE PARTICIPANT IS UNDER 18

Minor's Full Name: _____

Date of Birth: _____

Parent/Legal Guardian's Full Name: _____

Signature of Parent/Guardian: _____

Place and Date: _____

