



To participate in the ULTRA-TRAIL Mt. FUJI, you are required to read and sign this Racer Agreement form. Please carefully read this agreement as well as the Health condition Agreement form and Mandatory Gear Checklist on the back of this page. Fill in your name, emergency contact information and race bib number, sign the form and then hand it in to race staff at the mandatory gear check area. Once you complete your gear check, you will be given a wrist band. Without this wrist band, you will not be allowed to start the race.

RACER AGREEMENT

1. I (participating racer) agree to and will abide by the race mission, rules and regulations, and the policy for the COVID-19 preventive measures, which are posted on the official website or in the race brochure pertaining to the Ultra-Trail Mt. Fuji.
2. I am in good health, in perfect physical condition with no cardiac disease, and will participate in the Ultra-Trail Mt. FUJI 2023 after adequate training.
3. If during the race, I become injured or sick, I agree to receive emergency first aid treatment. I also understand and accept that any compensation for accidents or injuries will be limited to the amount as stipulated in the race organization's insurance policy.
4. I understand that substitute runners are not allowed and I will not allow another racer to take my place during the race.
5. I have not provided any false information regarding my race participation qualifications.
6. I agree and understand that I may be included in video footage, photographs, articles and race information. I also understand that such photos/footage are owned by the race organizer and may be used in magazines, television, newspapers, Internet, posters and pamphlets.
7. I will be careful to follow all of the rules in place to protect the environment including the "no passing" rules in certain sections. I will not run off the trails and will do my best to protect the environment around the Mt. Fuji area. (I also understand and agree to disqualification from the race if I violate the rules.)

Upon participating in the Ultra-Trail Mt. Fuji, I hereby pledge that I have provided correct information without any falsehood in this document. I also agree to carry all the mandatory gear with me during the race.

Bib number

Full Name (please print)	Signature
	Date

If you are under 18 years of age, you must have the signature of a parent/guardian.

Full Name (please print)	Signature	Date
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EMERGENCY CONTACT INFORMATION	Country
Name	TEL

Your Mobile Phone Number: _____
 (Please provide the number of the mobile phone you'll be carrying with you during the race. Make sure to include your country code.)

Accommodation Name: _____
 (Please provide the name of where you'll be staying at before the race and/or after the race.)

* Please write carefully as it will be used in an emergency.

Health condition Agreement form regarding COVID-19

Please be sure to read the following and check boxes below. * False declarations will not be accepted.

- I am not currently in the treatment period of COVID-19.
- I am not currently in the isolation period for being a close contact with someone with COVID-19.
- I am not currently in the isolation period required after entering Japan from a country or region designated by the Ministry of Health, Labour and Welfare of Japan or quarantine station.
- I am not currently experiencing cold-like symptoms or health problems.

* If I am tested positive for COVID-19 within 10 days of the end of the race, I promptly notify the organizer.

The purpose of this check sheet is to check the health of individual racers participating in the Ultra-Trail Mt. Fuji in order to prevent the spread of COVID-19 at the Ultra-Trail Mt. Fuji.

The personal information provided in this check sheet will be kept under strict control and will only be used for the purpose of identifying the health condition of the racers, making decisions on whether or not to allow a specific racer to participate in the race, and for making necessary contact with the racers. The Ultra-Trail Mt. Fuji race organizer will not provide personal information obtained through this check sheet to any third party without the consent of a racer concerned, except in cases permitted by laws and regulations including the Act on the Protection of Personal Information. However, the race organizer may provide the personal information to the public health office to the extent necessary in the event that a COVID-19 infection or possible infection is discovered in the Ultra-Trail Mt. Fuji.

- I agree to the collection, use, and provision of personal information.

Mandatory Gear Checklist

Please make sure you have all the equipment below and mark all the check boxes.

- Detailed course map - You must print out the "Detailed Course Map" from the race website and carry it with you at all times. (*1) / Mobile phone - You must be able to make/receive calls in Japan with this mobile phone. Save the emergency phone number for race headquarters on your phone (the phone number will be written on your race bib). Turn on the phone number display function and make sure your phone is fully charged before the race. Please ensure you can receive SMS text messages on your phone as emergency information will be sent to you via SMS during the race. / Personal cup for hot/cold drinks at aid stations (minimum 150cc size). Paper cups will not be provided at the aid stations. / Water - You must carry a minimum of 1L of water at the start line and upon leaving each aid station. / Food / Two lights with replacement batteries for both lights. Remember that battery life will decline in cold temperatures. / Flashing reflector light - Put this light on your backpack during the race so that cars will be able to see you at night. / Survival blanket (at least 130cm x 200cm) or emergency bivvy / Whistle / Adhesive elastic tape/band (minimum length of 80cm x 3cm) (*2) / Portable/disposable toilet (*3) / Waterproof rain jacket with hood & rain pants (both made of waterproof and breathable membrane such as Gore-Tex or something similar; seams must be seam-sealed) / Warm fleece or long sleeve shirt. (*4) / Warm pants or tights that go down to your ankles. (*5) / Warm gloves/mittens and warm hat that covers your ears (*6) / Two face masks that can cover the nose and mouth and prevent the spread of droplets. If a cloth mask is used, it must be at least double-layered. / First aid kit (such as band aids, disinfectant, etc) / Overseas travel/accident insurance policy (*7) / Race bib and IC tag (these will be given to you at the race) / Backpack to carry all your mandatory equipment.

*1 Course maps downloaded onto your SmartPhone will not be accepted as mandatory gear. This is because Smartphones can run out of batteries, not get a signal, etc. thus preventing you from being able to use the maps during an emergency. This year, you must print out and carry with you all the Detailed Course Maps and make sure you waterproof them (e.g. put it in a clear plastic bag).

*2 Bring strong tape that can be used during emergencies such as injuries (e.g. broken bones) as well as emergency repairs (e.g. broken equipment)

*3 If you use yours during the race, replacements are available at the aid stations.

*4 Warm clothing for the upper body = mid-layer clothing such as fleece jackets, wool sweaters and light-weight down jackets that create a layer of warm air between you and the fabric.

*5 Warm clothing for the lower body =

A. Full-length pants that go down to your ankles.

B. Full-length tights that go down to your ankles.

C. Short-length tights combined with long-length socks so that your legs are completely covered.

*6 Wool or polyester knit hat that provides warmth.

*7 For runners coming from overseas and do not live in Japan, it is strongly recommended that you obtain adequate travel insurance coverage for the duration of your stay as medical/emergency rescue fees can be extremely expensive in Japan.

* The mandatory equipment list provided here is only the minimum. You will be running in harsh conditions for two days and one night so please make sure that you are well-prepared to manage your own safety and well-being and bring additional gear you need to protect yourself.

* We will strive to dispatch a rescue team to reach a runner who needs assistance due to extreme fatigue or injury on the course within 3 hours. However, it may take much more time if we receive several rescue requests all at once, or if you've strayed off the race course or if the weather conditions are bad. In such cases, it could take more than 6 hours to reach you. Given this, please bring enough clothing and equipment with you to protect yourself from the cold wind and rain for more than 6 hours.