

Disclaimer

Date 23/12/2025

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Gender Male

With my signature, I confirm that I agree with:

- [Terms and conditions](#)

- [Privacy Policy](#)

- Not to be the bearer of any contraindications for the practice of physical activities, in accordance with paragraph 2 of article 40, of the [Basic Law on Physical Activity and Sport](#), approved by Decree-Law No. 5/2007, of 16 January.

User Signature

A handwritten signature in blue ink, appearing to read 'Hugo Bellhouse', is placed above a horizontal dotted line.