

PROTOCOL FOR THE PREVENTION OF COVID 19

1. Use of a mask

The use of the mask will not be mandatory during the event. However, we recommend wearing it at the following times:

- Verificarions.
- Physiotherapy room.
- Public toilets.
- In any closed space for public use or that is open to the public, except when competing.

We also recommend carrying the mask in the jersey pocket during the race. In case of attending another participant, you must put on the mask. It will also be necessary in the event of an accident involving the cyclist himself, as he has to go to the medical centre.

2. Description of the competition start procedure

- The rider must verify on the event's official website his starting order on the grid for his category, as well as the time of each stage.
- The starting order of the stages will be according to the absolute classification, or by race number in the first stage.
- The starting grids will be duly marked on the ground.
- In the XCM stages, it is mandatory for all riders to be in the pre-grid area of their start 30 minutes before the start. If the rider does not arrive at the time established on the grid, he must leave the last box.
- Cyclists have to go out to compete making sure they carry everything they need in their pockets (bars, gels) and with the necessary liquid to hydrate (1 or 2 cans if necessary).

3. Use of material

- The use of shared material will be avoided and if it is reusable, it will be disinfected.

4. Assistance and Feed Zones

- At the beginning of the Feed Zones there will be the assistance area. In this assistance zone there may only be one assistant per cyclist.
- After the assistance area there will be the supply feed station. The feed station volunteers will wear a mask and gloves.
- Between the refreshment table and the corridor there will be a space of 2 meters delimited with a fence. The volunteers will be limited to delivering the individual bag with the supplies that may contain fruit, gels and drinks.
- After the feed zone, a space will be reserved to be able to take it. In this space there will be stands to leave the bicycle and containers to dispose all the garbage.

5. Facilities

- The race is a Mountain Bike event that is NOT held in a sports facility.

6. Information measures

- The organization will place informative infographics on hygiene measures for cyclists, technicians, referees, and the public at different points of the circuit.
- One hour before the start of the race, the municipal managers of the race, and in agreement with the organizer, must verify that the qualified personnel designated by the City Council of the municipality have disinfected the areas of greatest risk for cyclists, technicians, referees, and the public.
- In the start area and technical areas, the organization will install points of disinfectant gels.
- The public address system will provide information on the health and protection measures that must be followed.
- Protection measures will be published on the following platforms:
 - Official website
 - Telegram that is used to inform the participants.
 - Facebook

7. COVID-19 Clause Form

- It is mandatory to accept the Clause Covid during the registration process for the athletes of the event. It is not necessary to carry a printed copy.

8. Athletes

- The cyclist will select one of the 4 possible time slots in which they wish to collect the number during the administrative inspection (from 9:00 a.m. to 1:00 p.m.). Every hour a maximum of 200 riders can pick it up. The race number will not be delivered to anyone who arrives before the published time. In the event everyone who comes after the scheduled time, will have to wait for the end of all shifts.
- For the administrative inspections, the organization will set up a space as large as possible, to guarantee the minimum safety distance.
- The use of a mask will be recommended in any closed space for public use or that is open to the public, except when competing.
- Each cyclist will be in charge of collecting their own number and the race pack. To do this, he must show the original ID / passport and UCI license.
- Access to venues, whether open or closed, exclusive to the event (competition office, pavilions, refreshment areas, etc.) will not be allowed to companions who are not part of the competition. That is, just a member of the team, accredited as a assistance will be able to access.
- If the participant presents symptoms of Covid-19, they must present themselves and immediately notify the event's medical services, which will ensure everyone's safety.

9. Prize Giving ceremony

- The podium area will be outdoors to guarantee space between spectators and avoid crowds.
 - The awarded cyclists must enter the podium alone, without companions or family members and having washed their hands with hydroalcoholic gel to avoid digital contact with the structure of the podium.
 - The representatives of the institutions and federation will appear on the podium respecting the safety distance of 2 meters. The trophies will not be delivered between personalities and runners, they will be the ones who will collect the previously identified prize for each position on the podium.
 - Greetings and congratulations on the podium, with the traditional handshake, are prohibited.
 - The podium drawers will be separated to maintain a safe distance.
- 10. Appointment of a person responsible for compliance with the protocols**
- The organization will appoint a person, Covid Manager, who will ensure compliance with this protocol, who will be a professional from the company that provides medical services.
- 11. Complementary measures**
- The organization reserves the right to modify the Covid Protocol document, analysing the health situation again when the date of the event approaches and taking the appropriate measures to guarantee the safety of all those involved in the event.