



Hello everyone,

Faced with the big global challenge that we are experiencing, we need to change paradigms and new protocols will be defining how everyone present at the events should behave and what are the responsibilities of each person in the day-to-day of the event - athletes, organization, teams, family members, volunteers, press, medical staff, etc.

It is important to emphasize that everyone's safety depends on the attitude and behavior of each one, which must strictly follow what is provided in this document. Therefore, the responsibility for the application of the protocols during the event and the success in its results must be shared with everyone.

I say this because it is not new what are the safety procedures that each one must exercise in social life and in relation to personal hygiene procedures such as wearing a mask, hand disinfection and a minimum distance of 1.5 meters to protect themselves and the others.

It is also worth mentioning that these guidelines contained in this COVID-19 PROTOCOL CIMA Michelin for FINAL 2020 IN CONGONHAS replace the rules of the regulation published on our website, when applicable.

I would like to highlight that this document was based on guidelines published by UCI (Union Cycliste Internationale), CBC (Brazilian Cycling Confederation), FMC (Minas Gerais Cycling Federation), guidelines from the Congonhas Health Department and the valuable contribution of a group of experts from the health area who are athletes and lovers of cycling who voluntarily helped to build these protocols, especially Hercília Najara.

This document will be constantly evolving and, if someone wants to contribute with suggestions, criticisms and ideas, they will be very well received for us to have an event within the security rules.

The idea is to hold the event safely, following the guidelines of the authorities, just as we did in November and December 2020 at Fazenda Sossego in Carandaí. Everyone's health will always be our priority and that is why we want to guarantee maximum security within the event.

Cordially,

Rogério Bernardes Ferreira
Organizer



CARES WE ARE TAKING FOR YOUR SAFETY

- Requiring the use of masks by all people involved in the event, throughout the period, except athletes during training and competition, who must replace them immediately after the end of sports activities;
- Mandatory passage through the sanitary control barrier to access the event facilities with temperature measurement and hand disinfection;
- During the event, everyone must keep a distance of 1.5 meters;
- Installation of 70% alcohol gel in strategic points of the event;
- Sanitization of bathrooms at shorter intervals;
- Provision of drinking fountains only with the outlet of water through taps suitable for filling bottles. The use of nozzles (mouth) for drinking fountains and the consumption of water directly from the taps is prohibited;
- Guidance on the maximum number of people in all areas of the event, such as photographers and journalists in the press room, referees and timing staff in the arrival control and other controlled areas;
- Preparation and installation of signs containing general safety guidelines at the event and on our website and social medias.

CARES YOU SHOULD TAKE TO PROVIDE SECURITY TO EVERYONE

- Wear a mask all the time. If you are staying for a longer period at the event, remember to change it. Therefore, always take a reserve mask with you to exchange;
- Keep a distance of 1.5 meters from other people at all event locations and at all times;
- Avoid physical contacts like hugs and handshakes;
- Do not share bottles, personal effects, security objects and food items;
- Avoid placing your hands on railings, handrails, jambs and door handles. But if you do, sanitize your hands later with 70% alcohol gel or wash your hands with soap and water;
- Make use of personal glasses or bottles for drinking water;
- Sanitize your hands frequently, washing with water and soap or 70% alcohol;
- Avoid touching your eyes, nose and mouth without first cleaning your hands;
- When presenting flu-like symptoms such as fever, cough or shortness of breath, seek medical attention and inform us through the channel provided by the event so that we can follow your case.



DETAILED PROTOCOL DURING THE EVENT

Resumption of the event without an audience

- Only athletes with confirmed registrations and included in the list will be allowed to enter the event. At the event's entrance each person will be checked;
- The public is prohibited from entering the event and only one companion is allowed per athlete, who may be a trainer, mechanic or family member.

Registration for the event

- The registration for the event will only be done online with digital payment options to prevent people from going to banks and other places to make the payment.

Number of subscribers per category

- The event will continue to limit registrations but, due to this protocol, each category will have its limit reduced to ensure more efficiency in the distance procedures and the number of athletes competing.

Access to the event and sanitation

- All people must pass through the sanitary control barrier to access the event, which will have temperature measurements and hand disinfection. If there is any abnormality in the temperature, the person will be required to make the personal record (name, city of origin, telephone number), answer the questionnaire about information related to COVID-19 and will be evaluated by the person in charge of the health area who may or do not release the entry to the event. If the person disrespects this guidance, he/she will be prevented from entering the event;
- Access to the event will only be allowed to people with masks that cover their nose and mouth and they must be constantly dressed. The event will not distribute masks;
- At the event, 70% alcohol will be available for hand hygiene and disinfection;
- The bathrooms available to everyone may be of the chemical type where access is made individually. In this area we will have alcohol gel for disinfecting hands before and after entering the bathrooms.

Event Secretary

- The secretariat will have a single line and markings of distance from people;
- At the entrance to the secretariat, all athletes must disinfect their hands;
- The use of masks by the athletes and the secretariat team is mandatory during the entire period.



Moments of training and exchange of information

- At all times of the event, athletes, teams, the press and the public must respect the distance of 1.5 meters and wear masks covering the nose and mouth;
- During training, as it is common for athletes to talk on the track about a technical stretch, it is mandatory to keep the distance of 1.5 meters, avoid physical contact such as hugs and handshakes and groups cannot exceed 5 people simultaneously.

Start schedule

- The starts will be separated into categories, as already happens, but the distances in the alignment will be programmed to be 1.5 meters between the athletes. For example, the lines of alignment that were 8 athletes side by side, will now be with a maximum of 5 athletes;
- The alignment of athletes in their category will respect the time taken at XCO and XCM. After these positions, the athletes must ALWAYS occupy their position, respecting the distance of 1.5 meters. The line that forms before the staging area, must respect the distance as well;
- The categories will be distributed in several starts during the day of Saturday and Sunday and will respect the schedule published on our website in the regulation and in the specific item of the subject;
- The staging area will be enlarged and marked showing where each athlete should position the front wheel respecting the minimum distance of 1.5 meters;
- The use of a mask is mandatory throughout the event, including the pre and pros of the competition, except at the time of the start until the final flag when the athlete can remove his mask;
- The team responsible for the starts will release a warning approximately 30 seconds before each start so that athletes can remove their masks.

Start, finish and competition

- These are the most expected moments and the people present must respect the distance of 1.5 meters;
- Throughout the course, the distance between the people who are watching the race, must also be respected.

Dispersion after the Race

- After the finish line, the athletes must keep the distance of 1.5 meters from any person and put the mask on when leaving the track and entering the dispersion area;
- In this dispersion area, only the presence of athletes will be allowed where they will have access to water and fruit provided by the organization. The support team can



only help your athlete when he leaves the dispersion area, except in situations where the athlete needs some special help;

- The organization will make a much larger dispersion area than was previously done so that athletes can maintain their distance of 1.5 meters;
- Before leaving the dispersion, all athletes must return the bike and back numerals, but must respect the distance of 1.5 meters.

Awards and podium

- The categories' awards will follow the UCI protocols in which we will have a distance of 1.5 meters between the 10 podium positions in the stage and 5 positions among the champion athletes of the 2020 season.

Wash bike

- The machines available to wash the bicycles will be distributed with the distance; and if a queue is formed, the participants must respect the distance of 1.5 meters.

Fair with exhibitors and team area

- The tents of exhibitors and teams will be arranged with a distance of 2 meters between them;
- It is up to each exhibitor to control the distance of 1.5 meters inside the tents, to require that everyone is wearing masks and to have 70% alcohol available to everyone for hand disinfection;
- Each exhibitor must isolate the entrance of the public inside their tents so that the service is done with the company member inside the tent and the customer outside. If people are allowed to enter the tents, this access must be controlled;
- The tents of all exhibitors, when in operation, cannot have canvas walls installed on the sides to ensure efficient ventilation. The only permitted canvas wall will be the back wall. The sides can be installed only in case of need such as rain, for example;
- Exhibitors are prohibited from carrying out a prize draw or any other action at the event that encourages people to gather. In addition, exhibitors must pass their summary protocol to the event organization detailing the security initiatives that will be adopted to serve the public.

Feeding area

- Food and beverage outlets must follow all existing regulations in their respective areas with their employees using masks, gloves, food with disposable packaging, etc;
- In addition, 70% alcohol must be available to all those in attendance and control the service queue so that the minimum distance is respected;
- The tables must be distributed respecting the minimum distance of 2 meters.



- Plastic cutlery and food should be made available in individual packaging to avoid hand contact with other utensils that will be used by other people. The reuse of packaging (plates, lunch boxes, plastic cutlery, etc.) or the use of utensils without proper cleaning with water and soap is prohibited.

Statement of responsibility

All athletes must confirm that they are in accordance with the Term of Responsibility contained at the time of their registration and which follows below for everyone's knowledge:

Through this Term of Responsibility, I declare for myself and my companion to be aware of the general public health guidelines issued by the World Health Organization and, in Brazil, by the Federal, State and Municipal Governments, to mitigate the transmission of the new Coronavirus and, in particular, the guidelines issued by the event to resume the gradual operation of activities. To avoid the spread of Covid-19, we commit ourselves to observe and respect the general guidelines contained in the document PROTOCOL COVID-19 SENSE CAMPEONATO MINEIRO XCO / XCM 2020, in particular:

- Safeguard the distance between people greater than 1.5 meters;
- Promote asepsis (water and soap or alcohol) whenever surfaces, objects and utensils of any nature, known not to be disinfected, are touched;
- Ensure the use of a face mask, while at the event site, with the exception of places where the use of it is not required due to the nature of the activity (food and hydration areas, within the training or competition track).

My companion and I will be at the event and, for that, we declare, under our responsibility: Know that elderly, cardiac, hypertensive, immunosuppressed, diabetic, oncological and renal patients are considered at risk for complications and deaths for Covid-19;

- Having been informed by the event that the frequency of people from risk groups is not recommended, at this time, as it represents an increased risk to health; If I belong to one of these risk groups, I assume, individually and exclusively, the responsibility for being present at the event;
- I am aware that it is possible to acquire the virus by social contact;
- If I have symptoms of Covid-19 - cough, fever, body aches, atypical tiredness and loss of smell - I will not attend the event;
- If I test positive for Covid 19, although asymptomatic, I will maintain social isolation for the recommended period of 14 days.

Compliance with the event guidelines to prevent the spread of Covid-19 is an obligation for all athletes and their companions. Failure to comply with the rules will be considered a disciplinary offense punishable by the Minas Gerais Cycling Federation.