

Appendix number 2 to the Sanitary Regulations of PZM.

Sanitary guidelines concerning behavior during travelling abroad to the competitions.

1. During travelling abroad by plane one should absolutely comply with the all sanitary recommendations applicable in ports and on board of the plane.
2. If the rider goes for a trip abroad with his own transport with his mechanics, it must be with one vehicle with equipment, not more than three persons in a vehicle.
3. Take with you for a trip handkerchiefs absorbed with disinfectant with alcohol (at least 60%), disinfectant for hands and disposable wipes, as well as disposable gloves and visors (if permitted to be used in a given country).
4. Equipment of a given rider must be transported separately from the equipment of other riders.
5. One should absolutely comply with all sanitary recommendations applicable in the transit and destination country.
6. If the route of the trip abroad requires the ferry transport one should absolutely comply with all sanitary recommendations applicable on the board of the ferry. In the cabins on the ferry there can be only members of the rider's team.
7. After arrival to the stadium, the rider in his own bus changes the regulation clothes, mask/visor and protective gloves.
8. After the arrival to the stadium, the mechanic changes the clothes of the rider's clothes and puts on mask/visor and protective gloves.
9. One should absolutely avoid unnecessary contacts during trip and in the stadium.
10. Absolutely try to keep safe distance (2 m) from other persons outside your team.
11. It is recommended to wash hands often – brushing hands with disinfectant on the basis of alcohol is recommended, if the hands are not clearly dirty. In each other case, one should wash hands with soap and water.
12. During trip, one should avoid touching the surfaces touched by other people or make it with a disposable wipe.
13. Resign from shaking hands to say hello or goodbye.
14. Bikes and tools used during trip must be disinfected before and after competitions.
15. In case of any symptoms such as fever, cough or difficulty in breathing, immediately contact NFZ on the phone and notify the club and SE.
16. After return to the country from trip abroad, the rider and his mechanics must undergo the tests for COVID19 in the manner defined in the Sanitary Regulations of PZM.