



## Covid-19 Rules

Cleaning is fundamental for Panaché.

Keeping bicycles clean, staying in healthy places and guaranteeing cyclists a hygienic activity is fundamental in our activity both when travelling and when cycling in groups.

In addition, with the health issue related to the Covid-19 it is appropriate to be aware of the importance of cleanliness and personal hygiene. In this regard, we ask you to read the regulations in force in our country regarding the conduct to be followed and to sign the self-certification form.

Some simple but indispensable rules:

1. Wash your hands frequently and never touch your eyes, nose and mouth with your hands.
2. Wear the contagion prevention devices prescribed for each situation/sport, depending on the metabolic load and the wearability of the device itself.
3. Maintain a minimum inter-personal distance of 1 meter, preferably 2 meters, for resting metabolic activity. For example, for athletes in case of waiting, rest and also for all sports operators.
4. Keep the minimum interpersonal distance adequate to the movement, metabolic load and other available mitigation measures.
5. Sneeze and/or cough in a handkerchief avoiding hand contact with respiratory secretions; if you do not have a handkerchief available, sneeze in the inner elbow crease.
6. Avoid leaving clothes worn for physical activity in places shared with others, but store them in backpacks or personal bags and, once back home, wash them separately from other clothes.
7. Always drink from disposable glasses or personalized bottles.
8. Immediately throw paper handkerchiefs or other used materials (well sealed) in special containers.
9. Do not consume food in changing rooms (where permitted).