



Real Federación Española
de Automovilismo



COMPLEMENTARY HEALTH PROTOCOL

SECTORIAL REINFORCEMENT OF THE ROYAL SPANISH FEDERATION OF MOTORSPORT.

-1 June 2020-



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I. / SCHEME OF SPORTS OF MOTOR RACING IN FUNCTION OF ITS SPECIALTIES.

With reference to the BASIC PROTOCOL OF ACTION FOR THE RETURN TO TRAINING AND THE RESTART OF FEDERATED AND PROFESSIONAL COMPETITIONS, which the CSD has sent to the RFEDA, and in order to integrate the Complimentary Health Protocol of adaptation of these standards to the modality of Motorsport into a specific document, it is necessary to carry out a preliminary analysis of the way in which physical activities of athletes and members of the other classes and groups of people who form part of the said sport, both in the training phase and in the competition phase.

This scheme of the development of "human" activities in motorsport is valid for all statutory sports specialities which are contained in article 2 of the statutes of the RFEDA.

Article 2.- The purposes of the ROYAL SPANISH FEDERATION OF MOTORSPORT consist of the promotion, organization and development of motor sports at state and international level, in collaboration with the FIA.

The following are specialised sports in motorsport:

- 1. CLOSED CIRCUIT:*
 - 1.1. Asphalt*
 - 1.2. Gravel (Autocross)*
 - 1.3. Karting*
 - 1.4. Rallye Cross*
 - 1.5. Regularity*
 - 1.6. Others*
- 2. ALL CLASSES OF ROAD RACES:*
 - 2.1. Asphalt Rallyes*
 - 2.2. Hill Climb*
 - 2.3. Rallye-Sprint*
 - 2.4. Stage Rallyes*
 - 2.5. T.T. Rallyes*
 - 2.6. Regularity*
 - 2.7. Others*
- 3. SLALOM (on Asphalt or on Ground).*



4. *TRIAL.*
5. *DRIFTING.*
6. *ACCELERACIÓN.*
7. *RECORDS.*

Each of the aforementioned specialties will be structured in the divisions, groups, classes and sub-specialties that are determined each year in their particular and specific regulations, and always under the technical-sports authority of the FIA, as well as any other specialty that may be embraced by the FIA; or the Trainings and Tests -among others-.

A. / Training:

It is important to distinguish, within what is conceptualized as "Training" for the sports practice of motorsport, including:

- **1. / Training of athletes:**
 - **1.1./ For the improvement of their personal physical condition.**
 - **1.2./ For the improvement in the handling skills of the vehicle.**
- **1. / Training or tuning of vehicles:**
 - **2.1./ Commissioning, development and general improvement of vehicles.**
 - **2.2./ Specific set-up for a specific competition.**

B./ Competition:

For the same purposes of identifying motoring specialties with a view to establishing medical control measures, in the form of Motorsports, there are two large groups of sports specialties, which in genre could be defined as races on:

- **1./ Circuits:**
 - **1.1./ Asphalt.**
 - **1.2./ Gravel.**
 - **1.3./ Karting.**



- 2./ Road:

- **All Rallies.**
- **Hill-climb.**
- **Raids.**

To formally follow this scheme in each official specialty of motorsport, these two activities must be analysed: training and competition, and explain how they are manifested in each of the specialties collected in our statutes, approved and recognized by the CSD.

In any case, since there are many elements common to all specialties, it is more operational to follow this order of exposure:

A./ Training:

- **1./ Of the drivers:**
 - **1.1./ For the improvement of their personal physical condition.**
 - **1.2./ For the improvement in the handling skills of the vehicle.**
- **2./ Of the vehicles:**
 - **2.1./Commissioning, development and general improvement of vehicles.**
 - **2.2./ Specific set-up for a specific competition.**

1.1./ The system is very similar, if not identical, in all athletes of all specialties. It is carried out in gyms or in the homes of athletes, very similar to that of any other athlete of any other modality.

In motorsport there is no "call" for athletes to training, the decision is specific to each athlete based on their competition program.

This physical training is completely individual in all senses and will be subject to the legal provisions in force in each moment, both in terms of schedules, and how to carry it out.

1.2./, 2.1./ y 2.2./ Normally, it is carried out through sessions of Circuit training, which can be private for a team in particular, or collective; and / or on the road itself, already closed to traffic, before competitions (in road specialties).



On the part of the RFEDA, there is no official advert to the public to attend these activities. In all circuit, mountain, slalom, drifting specialties, acceleration and records, the athlete is alone inside his racing car and no physical contact is possible with other athletes, with seat belts, fireproof clothing (or anti-friction, in karting), balaclava, gloves, boots and helmet (usually integral).

The presence of physical persons from other classes, such as officers, is very limited and the safety distance with athletes is respected and between the officials themselves. The distance with mechanics, etc., within each team can also be respected and the use of PPE is perfectly compatible and viable.

B./ Competition:

In Article 2 of the RFEDA Statutes the following are defined specialties:

1. CLOSED CIRCUIT:

- 1.1. Asphalt***
- 1.2. Gravel (Autocross)***
- 1.3. Karting***
- 1.4. Rallye Cross***
- 1.5. Regularity***
- 1.6. Others***

2. ROAD OF ALL CLASSES:

- 2.1. Asphalt Rallies***
- 2.2. Hill-Climb***
- 2.3. Rallye-Sprint***
- 2.4. Gravel Rallies***
- 2.5. Rallyes TT***
- 2.6. Regularity***
- 2.7. Others***

3. SLALOM (on Asphalt or on Ground).

4. TRIAL.

5. DRIFTING.

6. ACCELERATION.

7. RÉCORDS.



All of them can also be summarized, for the purposes that concern us in pandemic control, into two large groups:

1./ Circuits: in these sports facilities (all of them open, outdoors) Competitions of the following specialties are carried out: Speed on asphalt circuit (in all its categories: single-seaters, cars, GTs, prototypes, etc.), Karting, Dirt (Autocross), Rally Cross, Regularity, Slalom, Drifting, Acceleration and some Records.

2./ Carretera: including roads and public domain spaces, the following specialties are carried out: Asphalt Rallies, Mountain Rally-Sprint, Land Rallies, All Terrain Rallies, Trials and Regularity Rallies.

Special characteristics of motorsport as a sports modality:

1./ In all types of circuit, both training and competitions can be done without the public or with controlled capacity, up to the point where it be ordered by the State at all times.

2./ Given the public ownership of the highways and roads used for some specialties, an administrative permit is required prior to the holding of the training sessions (and tests of the cars) and the competitions. The organizer does not organize public attendance, nor does it sell tickets, but can carry out information and recommendation actions of behaviour to people who decide to stay to watch the race from the sides of the highways and roads themselves, or from adjoining lands and lands which cross, whether they are publicly or privately owned land.

In any case, and while the pandemic lasts, **the organizers must not promote or encourage the presence of the public in this kind of competitions.**

3./ In all circuit, mountain, slalom, drifting, acceleration specialties and records, the athlete is alone inside his race car, and physical contact is not possible with other athletes, with seat belts, fireproof clothing (or anti-friction in karting), balaclava, gloves, boots and helmet (normally integral).

4./ In the rally specialties, off-road, regularity and trial rallies, there are two athletes in the car, but both wearing the clothes and regulatory equipment, including balaclava and helmet. In these cars the distance between driver and co-driver is the one that occurs within a normal car, but in these cases, a COVID-19 control test could be carried out.





II./ OBJECTIVES.

In order to reactivate the sport and achieve a progressive recovery of the social activity, the present protocol of reincorporation to the normality, based on the assumption that the main objective must be preservation of everyone's health, and that our main objective is to promote the social stimulus of sport, which is needed so much right now.

This Protocol is only applicable to official competitions that depend on the sports jurisdiction and competition of the Royal Federation of Spanish Motor Racing, that is, to the official sports tests of State or international level, although the measures contained therein would be highly recommended for any type of sports competition in motorsports, while the extraordinary measures of control and prevention of the SARS-CoV-2 virus (COVID-19) pandemic are in place.



III./ GENERAL PROVISIONS AND PROVISIONS CONCERNING THE SPORTS FACILITIES AND THE ORGANIZATION OF COMPETITIONS THAT ARE HELD IN OPEN ENCLOSURES AND ON HIGHWAYS OR PUBLIC ROADS.

1./General measures to be taken into account for all federated personnel, in order to avoid the possibility of contagion of COVID-19.

- Limitation of capacity depending on the sports activity, which allows maintenance of safety distances between individuals and the full respect for current health regulations, both in the control offices, official checkpoints and in common areas, such as closed parks, support, etc.
- In the design of the movement of people and paths of the visits, a separate entrance and exit will be established whenever possible, to avoid meeting, likewise one-way paths, distance points indicated on the ground (in rooms or outdoor spaces where there may be queues or crowds of people), use of informative posters on measures COVID-19 (through the use of the corresponding signage) distributed by all areas susceptible to this additional information.
- Protect the active contact areas of people with masks and protective gloves, and even with face shields.
- Disinfection plan for the areas of concentration, and availability of disinfectant gels.
- The common areas must be decontaminated at least twice daily.
- Promote the dissemination of events digitally on social networks and communication media, promoting live broadcast of the more significant stages.
- Promote the recognition of the timed stages on video, so that the quality and timeliness of the shots will be stressed.



- Promote the use of telematic communication systems in briefings to avoid concentrations of athletes.
- Encourage the use of communications via radio, WhatsApp or specific apps between Race Direction and the teams.
- Preparation of a protocol for the execution of technical verifications in the current context of the COVID-19 pandemic.
- Since it is not possible to demand an immunological state at present, it will be necessary to complete a questionnaire five days before participation about the symptoms present in patients with COVID-19 during the last two weeks, for which the COVID-19 RISK STATEMENT will be completed. (See ANNEX I).
- Determination of body temperature before the start of the activity sports of all the participants, as well as of the federated personnel that act in the test, by using laser thermometers or thermal cameras, (the latter, preferably). In this process, a written record of determinations and controls may be established by random temperature roamers.
- In the case of presenting a temperature higher than 37.5 degrees, the test must be repeated five minutes later and, if confirmed, minimum questioning should be carried out to determine the presence or absence of any suspicious symptoms (cough, sore throat, feeling of drowsiness, muscle or joint pain ...), being referred to the service doctor of the test for their control, and having to inform the Chief Medical Officer for optimal management of patient potential.

2./ Relating to the participants.

- The balaclava or helmet will be worn so that it covers their mouth and nose.
- They will use gloves approved according to automobile regulations.
- They will use hydroalcoholic gel.
- The other members of each team (participant, mechanics, etc). should wear masks and gloves.



3./ Relating to the personnel of the time controls and security. Meetings.

- The use of masks and gloves will be mandatory.
- Hydroalcoholic gel should be used.
- Presence of a maximum of two people per function or task in each control. The meetings must be held with a capacity that allows to keep the safety distance.
- Maintain the safety distance throughout the test.
- Communication elements (computers, telephones, etc.) must have bactericidal decontamination solutions that must be applied periodically.
- The use of a GPS digital route card is recommended for test time controls.

4./ Other non-mandatory recommendations.

1. Test: participants will be able to prove their status against COVID-19 by presenting a PCR test and / or a serology.
 - Positive PCR test means that the person has a virus presence and therefore will NOT be able to participate as it is potentially contagious. This will be considered valid for up to 5 days prior to the race.
 - Serological test demonstrates the state of immunity against COVID-19. The presence of IgG indicates immunity and recovering, while the presence of IgM is an indicator of acute phase, that is, of disease, so it is NOT appropriate to participate. The validity of this test will be up to 14 days.
 - The Chief Medical Officer of the test or the personnel to whom this test is delegated, in case of having the necessary material for the realization of diagnostic tests, may establish controls on both officers and participating athletes. Refusal to perform the test will result in the suspension of the activity that is being carried out at those times.



2. The use of ozone generators for vehicle disinfection and closed rooms.

5./ Measures that affect the health service.

Health professionals represent up to 20% of the general population infected. That is why the protection measures for this group must be a priority.

- In the event of an accident, we must differentiate based on the report on the immunization status of the affected athlete. In the event that circumstances do not allow this, care must be taken in accordance with the unimmunized individual.
- It will be necessary to have PPE (gloves, FFP2 / FFP3 masks, waterproof gowns and glasses) in sufficient quantity for each event.
- Hand washing and / or disinfection with hydro-alcoholic gels will be mandatory:
 1. Before touching the patient.
 2. Before performing a clean / aseptic task.
 3. After the risk of exposure to body fluids.
 4. After touching the patient.
 5. After contact with the patient's surroundings.
- The use of approved FFP2 / FFP3 masks will be compulsory within the healthcare group.
- Regarding gloves, it is recommended to use gloves of greater thickness, resistant to tearing.
- Regarding eye protection: non-integral eye protection must be used in cases of risk of contamination of the eyes from drops.
- Properly disinfected ambulances for use must be available. They must also be disinfected after each use.



6./ Measures that affect the structure of sporting events.

All sporting events will specify the details of the actions implemented to combat the SARS-CoV2 transmission in the GENERAL PLAN OF SECURITY. While the State of Alarm lasts, and special measures are maintained to combat the virus, a COORDINATOR FOR THE GENERAL COMPLIANCE OF THE PROTOCOL and A HEAD OF HEALTH SAFETY must be named. This last responsibility may be assumed by the MEDICAL HEAD of the test, provided that the activity allows to carry out both functions, and must be included in the Official Regulation record.

The SAFETY PLAN of the test will specify the protocol to follow in the case that a positive COVID-19 patient is suspected (where to confine them, where and how to evacuate them, PPE for health personnel in direct contact, affiliation of people with whom you have had a risky contact, etc.).

- Action in case of suspicion or detection of a possible case of COVID-19:
 1. Inform the Medical Chief of the test.
 2. Confine the person in the area contemplated in the Security Plan of the test until its evacuation or until the realization of a quick test on site, which rules out the positivity of the process. They should be isolated from other personnel and protected by a mask and gloves (hands disinfected with hydroalcoholic gel previously), not allowing contact with third parties.
 3. The medical-health personnel attending to it must carry the PPE personal protection devices according to regulations (gloves, FFP2 mask without valve or top, gown or jumpsuit and glasses or screen protector).
 4. The Chief Medical Officer will contact 112 to report the suspicion of a patient infected with COVID-19 to follow the health protocol (conduct to be followed) according to the area where the test takes place. The indications of 112 will prevail over any possible decision of the sports body.



5. People who have been in direct contact with the potential patient must be tracked. It is necessary to register the affiliation and contact telephone number to facilitate them to the health authorities. Likewise, these people will be isolated until clarifying the initial focus or "patient zero", following the indications of the respective health authorities.
 6. A report must be made by the medical manager of the test and send it to the RFEDA Medical Commission.
- The Security Plan will specify the number of participants in each event, this is the number of drivers and people assisting said drivers. This number will be conditioned by the spaces that are available and the services that the sports facility can provide to the participants, that allow a correct prevention of contagion.
 - The Health Safety Plan will specify the development of departure / arrival ceremonies, awarding of trophies, presentation of drivers, so that the distance of safety and personal protection of the protagonists is paramount. Emphasis will be placed on the use of digital relay systems, either through social networks or by streaming, encouraging the physical presence of people (both of the organization and of authorities) as the minimum.
 - Events with crowd of people are prohibited.
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 - It is reminded that in protocol sponsorship meetings or presentation of teams with a physical presence of spectators, that the established distancing measures must be respected.
 - The organization of telematic briefings is recommended, as well as their distribution by email or other digital systems.
 - The vehicles of the organization, as well as those destined for transport of material associated with the events, -whether these are organized or not by the RFEDA-, must take extreme hygiene and ventilation measures. It is necessary to clean the interior of them frequently with disinfectant products. There must be in each vehicle of the Organization: masks, gloves, hydroalcoholic solution, garbage bags and disinfecting solution.



- There must be containers in common areas where they can deposit the bags with the used materials.

7./ Verifications and documentation:

The delivery of the documentation to the participating teams must be made based on an appointment schedule prior to each of them and with full respect for the health regulations in force at all times.

Regarding the development of technical verifications, you should:

1. Conduct the prior briefing with the local technical team by videoconference.
2. Check that the entire team of technical officers has the adequate PPE and willing to carry out their work.
3. Check that all the teams have sent the technical documentation previously required.

4. In prior technical checks:

a. In the case of checking the safety equipment of the participants, a checkpoint will be enabled to which only a member of each team can access, duly protected with mask and gloves.

b. An area will be installed, prior to the time control of the checks, where the car will be disinfected by its own team.

c. Only one member of the team can access the check road.

d. In circuits, there can only be one mechanic during the process of prior verification in the box of each team.

5. In technical checks during the race:

- a. Always keep the safety distance when making the verifications.

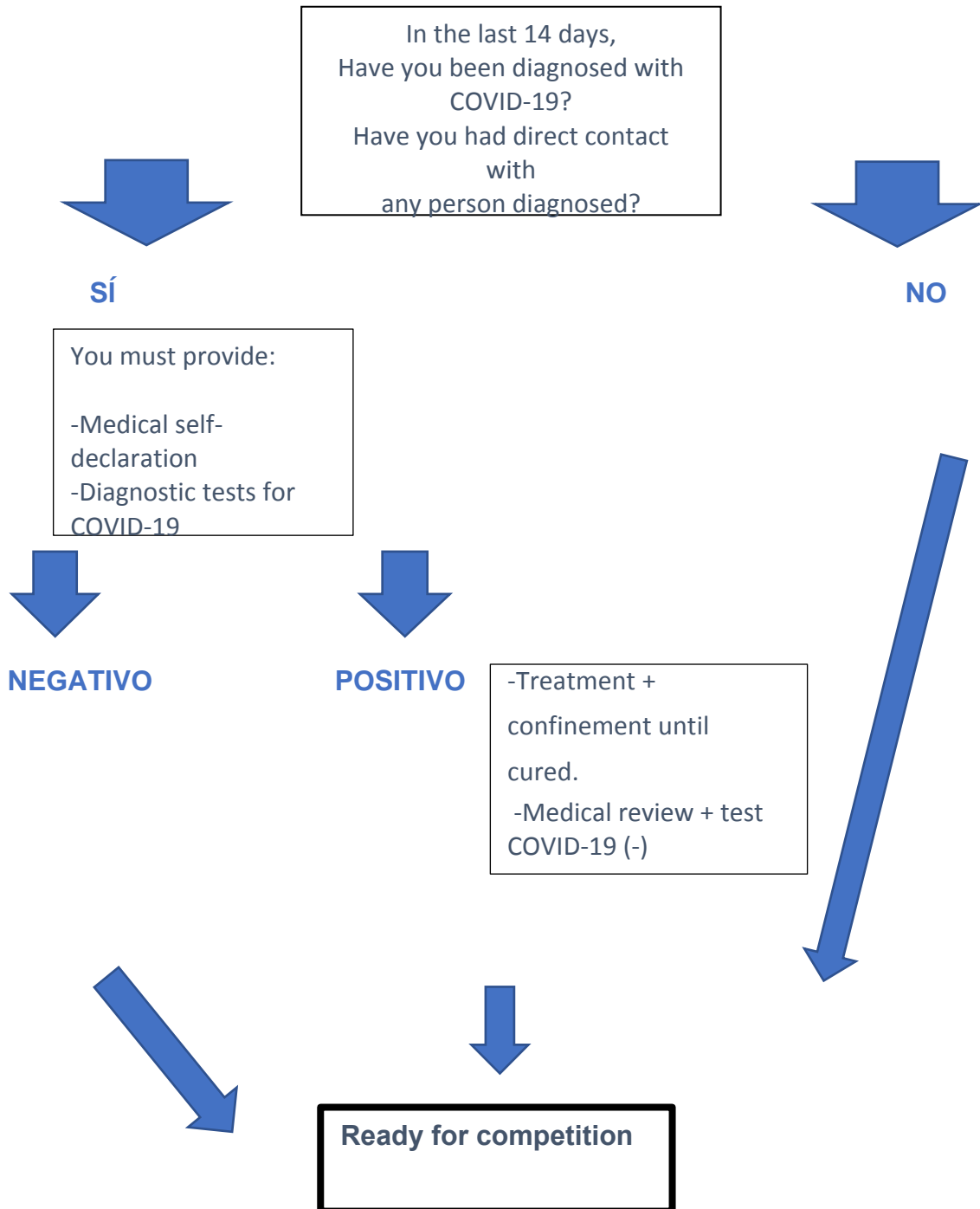


6. In the final technical checks:

- a. Only two team mechanics will be allowed per car, plus the contestant.
- b. In circuits, there can only be two mechanics during the process prior verification in the box of each team plus the contestant.



Orientation scheme:





8./ Mechanical assistance, refuelling and Paddock areas.

- Access will be limited to duly accredited persons, maintaining the expected capacity that allows the safety distance, always wearing a mask and gloves.
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- The space currently established for the manoeuvres will be adapted to assistance according to current preventive security regulations.
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- All gastronomic activity within the attendance area will be external through home services.
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- The distance between the assistance tents and the number of technical and managerial personnel per team will be in accordance with current regulations. All will have to have personalized accreditation.
- All staff will wear gloves, masks and will have hydroalcoholic gel at their service.

9./ Closed parks and regrouping.

- It is very important that teams take responsibility by restricting entry to the special zones of all those people that do not participate directly in the development of the discipline, both theirs, and those of the other teams.
- The spaces will be wide enough to guarantee the prevention measures to avoid infections.
- An area will be established for pilots and co-pilots, who must comply strictly with the minimum safety clearance. Everyone will have to wear masks or the balaclava or undercoat may not be removed.
- These spaces will be equipped with disinfection material and adequate protection.
- Press activity will be allowed, provided it is properly accredited and complies with general protection measures.



10./ Timed sections.

1. As this is an outdoor activity, it is only possible to recommend that they avoid public crowds. This section will be limited by the regulations of the current confinement of the health authorities.
2. The design of the event will avoid those points that historically suppose an exaggerated concentration of public. In this case, it will take extreme security measures.
3. The realization, on the part of the organizer of online broadcasts of the most spectacular spots of the timed sections, in order to bring fans the live images.

11./ Press and dissemination.

- Establish an effective press office that supplies enough material to the media in order to avoid concentrations in areas of impact, especially in the graphic media. Capacity of meetings that allow safety distance.
- The test must have a photographer, as well as an official television camera.
- They must be duly accredited and comply with the preventive measures.
- The organization will make available a delimited workspace. The interviews carried out should be individualized and respecting the distance measures.
- The microphones must be covered with replaceable plastic after each interview.



12./ Others.

It is recommended:

1. / That digital training courses and talks be held for all staff to improve preparedness for security protection against COVID-19 for all the personnel of the organization.
2. / That there are minimum personnel necessary for the controls of security and sports officials.
3. / Methacrylate separators for office workstations.

13./ Protection and disinfection material.

1. Disposable surgical masks and FFP2 and FFP3 without valve.
2. Disposable nitrile or latex gloves, thick enough to prevent tearing.
3. Hydroalcoholic solution.
4. Paper tissues.
5. Digital thermometer.
6. Trash bags.
7. Common disinfecting solutions used in cleaning routines.
(The bleach to be used diluted: 20 millilitres of bleach poured into 1 litre bottle filling it with water until full).
8. Disposable cups and plates, if you have lunches or breakfasts.
9. Face shields.



14./ Final considerations.

It is important to note that the local racing scene can vary within the same national and international territory, so if the event can take place, the precautions should be adjusted to said scenario, until the current circumstances do not change.

As for medical care, we will have to distinguish between several specific circumstances within motor sport, our target population is the personnel involved in the activity within the participating teams. (mechanics, engineers, cooks, etc.) and organization in general.

This Protocol may be supplemented or modified as consequence of the entry into force of any new regulations or provisions that may be issued by the competent authorities.



ANNEXES.

Annex I.

COVID-19 Risk Statement. Prior to the competitions..

Annex II.

Federative managers:

- Medical Area:
 - o Dra. Dña. Isabel Ornaque, President of the Medical Commission of the RFEDA.
- Protocol Coordination Area::
 - o D. Joaquín Verdegay de la Vega, Vicepresident of the RFEDA.
 - o D. Javier Sanz Merinero, Sports Director of the RFEDA.

Annex III.

Safety elements for the practice of motor racing.

- Helmets:
- Balaclavas:
- Gloves:
- Fireproof or anti-friction overalls:
- Underwear:
- Boots: