

**Guidelines for PGE Ekstraliga riders in response to COVID-19,
the start of the 2020 season and sanitary regulations**

In response to the extraordinary situation of the COVID-19 pandemic as well as the Polish government approving the launch of PGE Ekstraliga speedway tournaments under preventive sanitary supervision, we present you with guidelines which shall complement the racing regulations. Until further notice, compliance with the guidelines is a prerequisite of participating in tournaments and training.

Please read the instructions closely, share them with your team, and acknowledge the current healthcare regulations.

Please note that all the specific rules of the competition, including the updated Sanitary Regulations, which have been created as a reaction to the unprecedented situation, can be found on the website of the Polish Motor Association at <https://www.pzm.pl/zuzel/regulamin>

We hope that by working together, with the aid of all those involved in organizing the competition, we will be able to train, hold PGE Ekstraliga races, and stay safe under these unique circumstances.

I. Event calendar

The 2020 season calendar, including important cut-off dates (a separate schedule of PGE Ekstraliga races is available on the PGE Ekstraliga site at <https://speedwayekstraliga.pl/terminarz-i-wyniki/>).

1. 8/05/2020 - 22/05/2020

- a) racers and mechanics from outside Poland will be placed in a quarantine for 14 days at their accommodation; remember to provide a valid 2020 season contract and your home quarantine address in Poland at the border.
- b) racers and mechanics staying in Poland will be isolated for 14 days, refraining from unwanted activities outside the current residence and remaining at the designated address.
- c) Your club sanitary officer will monitor your health and the health of your team daily
- d) schedule testing in case of suspected infection

- e) daily health check form (attached) analysed by the PZM Medical Team (monitoring symptoms such as morning and evening temperature, breathing problems (including coughing, shortness of breath, runny nose), diarrhoea, muscle pain, sleep disorders, pinkeye, impaired sense of smell and taste, rash, feet lesions).



In addition to filling out the health check application, you can call our hotline at the following phone number or contact your sanitary officer if you have questions about your current condition.



800 190 590

This is the government's helpline to deal with potential coronavirus infections.

In the case of potential infection, based on signs and symptoms, the suspected member of the team shall be promptly isolated and submitted to the relevant authority: the hospital or local sanitary station, and the sanitary officer and the Polish Extraleague shall be alerted. Further directions (including a full medical background review and isolation regulations) should be given by the medical authority.

Addresses of the State Sanitary and Epidemiological Stations according to your Polish club affiliation:

<p>LESZNO ul. Niepodległości 66 64-100 Leszno https://goo.gl/maps/Kq6QV8FUHzVKj9858 tel. +48 65 526 15 15</p>	<p>CZĘSTOCHOWA ul. Jasnogórska 15A 42-200 Częstochowa https://goo.gl/maps/AeWrQPRBPY4a9peNA tel. +48 34 344 99 26</p>
<p>RYBNIK ul. Kapitana Leopolda Janiego 1 44-200 Rybnik https://goo.gl/maps/AxfG1gjNopKDt9MZ6 tel. +48 32 422 33 12</p>	<p>GORZÓW ul. Kosynierów Gdyńskich 27 66-400 Gorzów Wlkp. https://goo.gl/maps/qvYJkChVZ46uVtWP9 tel. +48 95 722 89 86</p>
<p>ZIELONA GÓRA ul. Jasna 10 65-470 Zielona Góra https://goo.gl/maps/LnxLPmos5owN3MzSA tel. +48 68 325 46 71</p>	<p>LUBLIN ul. Uniwersytecka 12 20-029 Lublin https://goo.gl/maps/jkuAESgseTMQVEACA tel. +48 81 532 97 05</p>
<p>WROCŁAW ul. Kleczkowska 20 50-227 Wrocław https://goo.gl/maps/EZ8LGvzZc1xmA3tF7 tel. +48 71 329 58 43</p>	<p>GRUDZIĄDZ ul. Kosynierów Gdyńskich 31 86-300 Grudziądz https://goo.gl/maps/L3cVUQhmrJbNLeSM6 tel. +48 56 451 78 10</p>

2. 24/05/2020 - 27/05/2020



testing racers and mechanics. If a person is tested positive for the virus, he or she are excluded from participation in further races until a recovery is confirmed by further testing.

3. 29/05/2020 – the start of the 14-day training period



resuming individual and group training under sanitary regulations.

4. 12/06/2020 – the start of the PGE Ekstraliga competitions

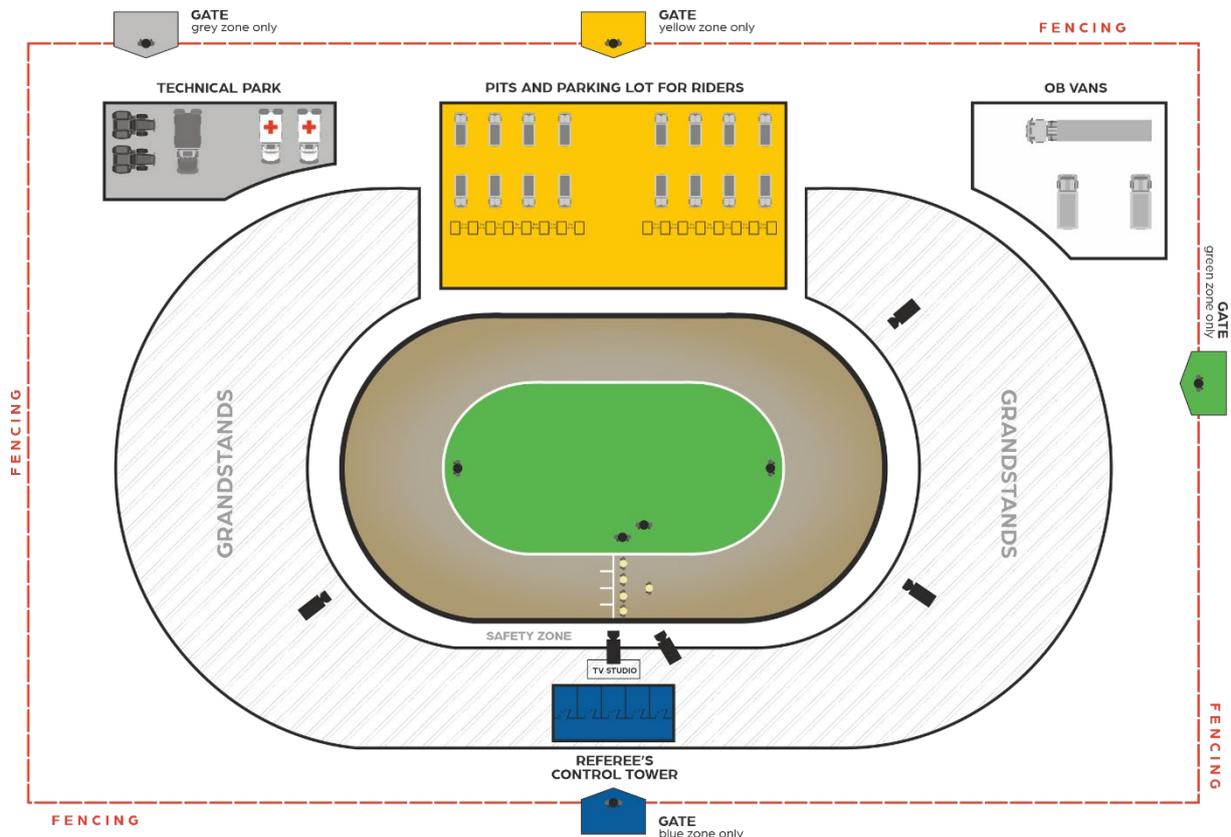


NOTE: Until the restrictions imposed by the state government have been lifted, PGE Ekstraliga races will take place without spectators.

II. Stadium zones

In response to the new rules on restricting physical contact between people at stadiums, during both training and competitions, PGE Ekstraliga club stadiums have been divided into special zones.

- a. Pits
- b. Track and infield
- c. Judge's tower
- d. Stands and apron
- e. Technical park
- f. OB vans



Every person entering the pits during training and competitions of PGE Ekstraliga must have their temperature taken.

PGE Ekstraliga has added a new role of SANITARY OFFICER to be assigned in each club. The sanitary officer will be your first contact at the club following sanitary safety. Find out who is the sanitary officer at your club. He or she will be responsible for ensuring the enforcement of the Sanitary Regulations. The sanitary officer will be present on site throughout, before, and after the competition. The sanitary officer will also be present on site before and during the whole training period organized by the club.

III. Obligations of competing racers.

You are required to:

- comply with the Sanitary Regulations,
- stay at your designated home quarantine location before you are checked for coronavirus
- immediately inform the club and managing body about being quarantined or isolated by the relevant state sanitary authorities (also applies to mechanics),
- agree to be put under quarantine at home by the managing body (also applies to mechanics),
- undergo testing for the presence of coronavirus if ordered by the managing body (also applies to mechanics),
- refrain from travelling outside Poland when quarantine after crossing the border is still in full force, as well as when your travel destination is a country where quarantine after crossing the border is in full force,
- until further notice, send a filled medical evaluation form for the presence of 2019-nCoV to the managing body and the club.

IV. Training/competition schedule

1. If you are a racer outside Poland without a permanent residence before the sanitary regime at PGE Ekstraliga, the club will handle your accommodation.
2. If you are a domestic racer or have had a permanent residence in Poland before the sanitary regime at PGE Ekstraliga, your place of residence is considered your accommodation.
3. When travelling to a race or training from your accommodation/place of residence, share one vehicle with your appointed club mechanic. Do not travel by organized transport or with additional people.
4. No more than 2 people (excluding equipment) can travel in a car/passenger van. You can not transport other players' (e.g. teammates) equipment with your car/passenger van.
5. When you leave your accommodation and get into the car/passenger van, you and your mechanic must wear a face mask and protective gloves to avoid exposure to the outside environment.



6. During races or training, only 1 mechanic can accompany you at the stadium or in the pits.
7. You must park your car/passenger van at the designated parking spaces and travel through designated routes upon arriving at the stadium.

8. After arriving at the stadium for training or competition, change into your uniform (workwear) in your car/passenger van. You must put on a face mask and protective gloves. Next, put on a protective suit (Kevlar), sports gloves, and a protective face mask.
9. After arriving for training or competition, your mechanic puts on his or her team outfit – workwear with a face mask and gloves.
10. Wear the protective face mask provided by your club at the stadium, during training and races.
11. You and your mechanic are required to have your temperature taken when entering the pits during training and competitions.



12. You and your mechanic are required to sanitize your hands when entering the facility during training and competitions.



13. Tools used by you and your mechanic must be sanitized frequently according to the sanitary plan before and after training/competition.



14. Do not use the showers and changing rooms at the stadium. They are out of use until further notice.



15. You can use the public toilet in the changing rooms if they are accessible.
Remember to apply preventive measures: often wash or sanitize your hands, keep a distance of 2 metres from other people.



16. During training, up to four competitors plus one post holder on the infield can be present at the same time on the speedway track and infield.

The pits – code of conduct

1. Every person entering the pits must have their temperature taken.
2. Each time you leave the track during training and competition, wear gloves and a protective face mask in the pits. This also applies to your mechanic.
3. There will be 2 containers of hand sanitizer at each entrance to the pits. Every person moving between zones sanitizes their hands with hand sanitizer. There will also be designated areas for disposing of used personal protective equipment.



ENTRY = DISINFECTION



4. Each pit box will come equipped with hand sanitizer, a waste bin, and disposable washcloths.



5. Keep a distance of 2 metres from other people in the pits. **This does not apply to racers and their mechanics on track during training/competitions.**
6. You and your mechanic must stay in your pit box, 2 metres away from other competitors/mechanics.
7. Motorcycles used during training/competition must be sanitized before and after training/competition. The same applies to tools used by mechanics and competitors.



8. If there are no separate toilet rooms in the pits, use those in a designated part of the changing room.
9. Each toilet will come equipped with hand sanitizer and a waste bin.
10. People watching the training/competition on the stands must keep a 2 metre distance from each other.

Refuelling a motorcycle – code of conduct

1. The mechanic leads the motorcycle and takes off the fuel tank cap, all while keeping a safe distance from other participants.
2. The person operating the methanol station pours fuel.
3. The mechanic puts on the cap and takes the motorcycle to the pit box.

Mechanics and competitors are not allowed to pour methanol on their own. During refuelling, only 2 people can be present at the refuelling station.



Code of conduct on the track and infield

1. During training, there can not be more than two competitors on the speedway track and infield at the same time.
2. You can do a control round on the track with your coach and teammates for up to 10 minutes before the track test, provided that you are wearing a face mask and protective gloves and keeping a distance of 2 metres from others. Each team must go separately.
3. If you need help on the track, your mechanic or other riders' mechanics can enter the track in accordance with the racing regulations.

TV interview rules

1. In-between races, you may be asked to give a TV interview against the interview background. During the interview, wear gloves and a face mask while keeping a distance of 2 metres from the reporter (the TV crew will give you a sanitized microphone and earpiece).
2. After-race interviews in the Mixzone TV will take place with selected racers keeping a distance of 2 metres between each other.
3. People watching replays in the Mixzone TV must keep a distance of 2 metres between each other.

Additional rules

1. After the race or test ride, you are required to drive down to the pits, without interacting with other participants on the track and avoid touching their hands or other form of physical contact.



2. After the race, teams are not allowed to drive off the track together or gather in one place in the pits.



3. Staying in the pits for 30 minutes after the competition, not counting conferences in the Mixzone TV, is not required.
4. In the 2020 season, in compliance with the PGE Ekstraliga Organizational Regulations, you and your team are no longer required to perform the following: mandatory technical verifications, telemetry tests, and pre-race briefings.
5. Using the vehicle provided by the promoter designed to transport you to the pits after a spill is not longer required.
6. After a spill, your mechanic can take your motorcycle to the pits using a designated vehicle.

HOW TO WASH YOUR HANDS?

 <p>1 - Wet hands with warm water</p>	 <p>2 - Apply liquid soap into the palm of your hand</p>	 <p>3 - Rub the inside of your hand</p>
 <p>4 - Rub hands with fingers interlaced</p>	 <p>5 - Rub your thumbs</p>	 <p>6 - Rub hands palm to palm</p>
 <p>7 - Lather up both wrists</p>	 <p>8 - Rinse thoroughly and dry hands</p>	

The World Health Organization (WHO) recommends using hand sanitizers with at least 60% alcohol content. Do not forget to wash your hands with soap and water for at least 30 seconds.

HOW TO PREVENT INFECTION?



Wash your hands frequently with water and soap



Cover your nose and mouth when coughing and sneezing



Keep a 2 metre distance from other people



If you have symptoms, call the Sanitary and Epidemiological Station

We wish you and your loved ones well. Stay safe and strong.

Medical evaluation form

according to the risk of coronavirus 2019-nCoV (SARS-CoV-2) infection

Name/code of the rider				
Date				
Temperature (1st check at 9 AM, 2nd check at 7 PM)	time:	temp. (°C):	time:	temp. (°C):
cough (new)*	YES		NO	
dyspnoea (new)*	YES		NO	
visiting high risk areas*	YES		NO	
close contact with person with pneumonia*	YES		NO	
close contact with person with Covid*	YES		NO	
runny nose*	YES		NO	
headache*	YES		NO	
diarrhoea*	YES		NO	
vomiting, nausea*	YES		NO	
muscle pain*	YES		NO	
sleep disturbance*	YES		NO	
conjunctivitis, dry eye*	YES		NO	
smell disturbance*	YES		NO	
taste disturbance*	YES		NO	
fatigue*	YES		NO	
bruises and purple changes on the feet*	YES		NO	
Other abnormalities, malaise, please indicate				

(* delete as appropriate)