

THE SAFEBOOK

COVID-19 SAFETY
GUIDELINES



4400
CERBOTICS
Imagine and build

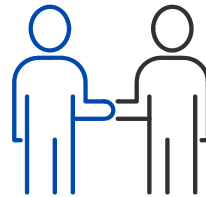


Who is this manual for?

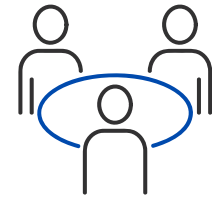
TEAM MEMBERS



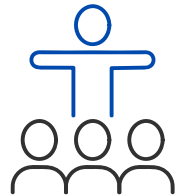
MENTORS JR.



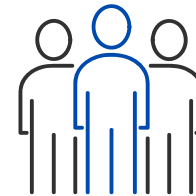
MENTORS



HEAD COACH



VISITORS



Stronger Together

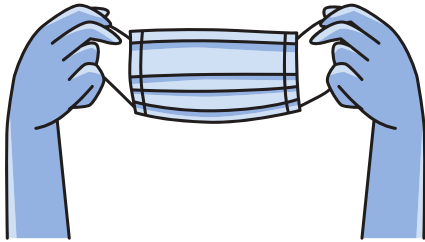
Cerbotics 4400 has developed this manual in which the necessary protocols are explained for the security and health of all against COVID-19. Includes all the security measurements to follow when entering to the facilities and staying there; before, during and after regionals; trips protocols; etc.

All the developed and established protocols are designed to guarantee a safe space and everyone's health.



PRINCIPLES

MASK WEARING



It is required wearing a mask in the correct way. It is recommended to use a KN95 Face Mask. It will not be allowed to wear face masks with filters.

MINIMISE PHYSICAL INTERACTION



COVID-19 is transmitted through infected droplets in our breath exhaled by coughing, sneezing, talking, shouting or singing – and is passed from person to person when we are in close contact.

TEST



To stop the spread of COVID-19, it is vital to break the chain of human-to-human transmission.

THINK HYGIENE

- **Deep general cleaning and daily disinfection of all facilities.**
- **The facilities will be cleaned several times a day depending on their use.**
- **Ventilation will be maintained, as well as the entry of sunlight into the workshops.**
- **Information will be available for the team and mentors will be trained on infection prevention and control measures.**



HANDS



Frequent and meticulous, for at least 40 seconds with soap and water, and if this is not possible, use solutions based on 70% gel alcohol.

WORKSPACES



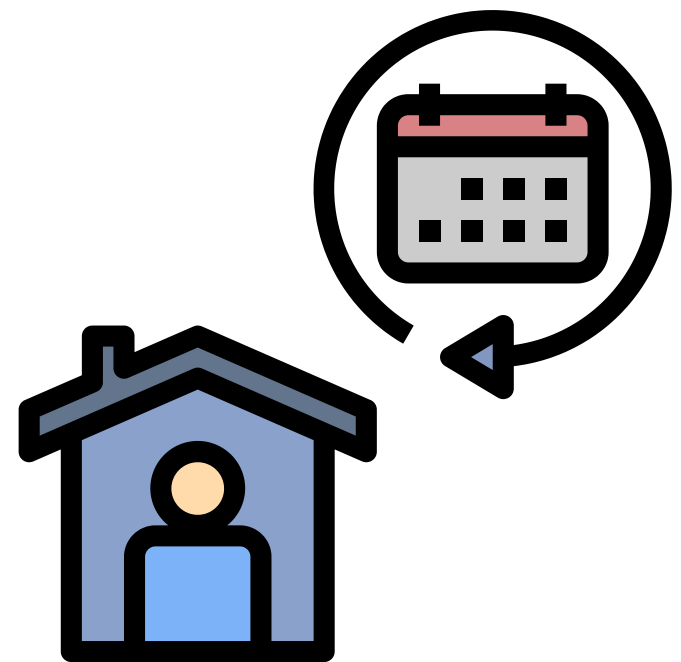
The facilities will be cleaned several times a day depending on their use.

Ventilation will be maintained, as well as the entry of sunlight into the workshops.

FREQUENT QUESTIONS

1. What should I do if somebody on the team has COVID confirmed or suspecius?

A PCR study must be taken by nasopharyngeal exudate to confirm the diagnosis, the person must remain in isolation for 5 if they are vaccinated on 10 days if not.



FREQUENT QUESTIONS

2. What recommendations should I give to the person who will have to be kept in isolation?

Minimize shared spaces (kitchen, TV room, study) and ensure they are well ventilated (open windows). Stay away from other people as much as possible.



FREQUENT QUESTIONS

3. If a team member has been exposed to the virus but has no symptoms, can they come to the workshops?

People who have been in close contact with a COVID-positive patient should remain in home isolation for 10 days even if they do not have symptoms of respiratory illness. In case of presenting symptoms, the PCR study should be taken to confirm or rule out the infection.

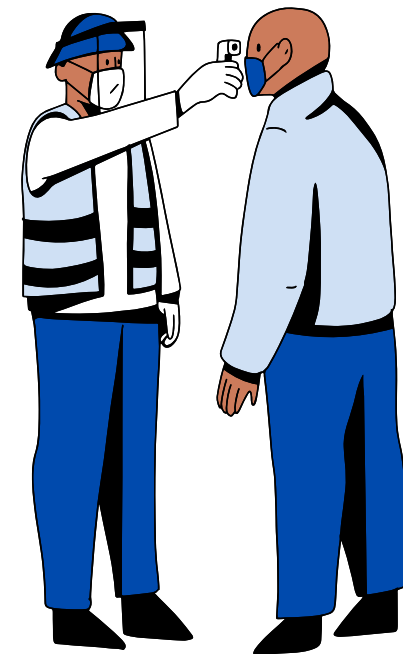


+ Being exposed is any contact with a positive case for more than 15 minutes, with no face mask.

FREQUENT QUESTIONS

4. How can I reduce the spread of COVID-19 in workshops?

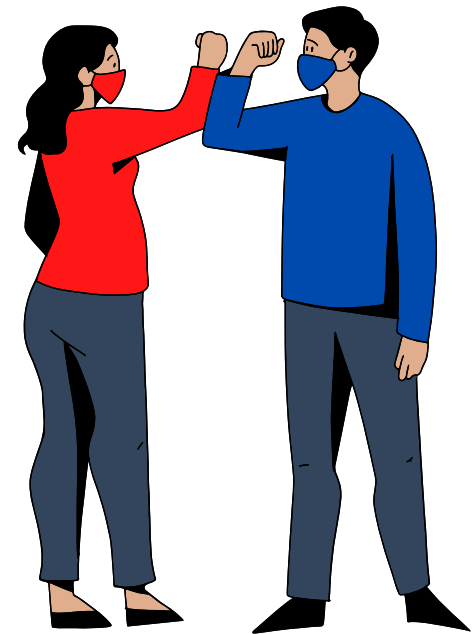
Carry out the daily filter upon admission of team members with temperature control and a quick survey on the presence of symptoms such as fever, headache, cough and general malaise. Increase the physical space between members and mentors, indicators can be placed on the ground that mark separation spaces of at least 1.5 to 2 meters.



FREQUENT QUESTIONS

5. If the workshop is well ventilated, may I take off the facemask?

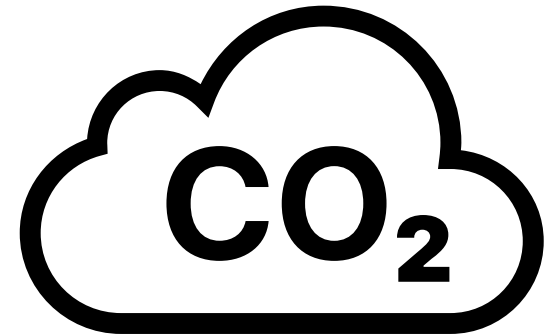
No, every recommendation is needed.



FREQUENT QUESTIONS

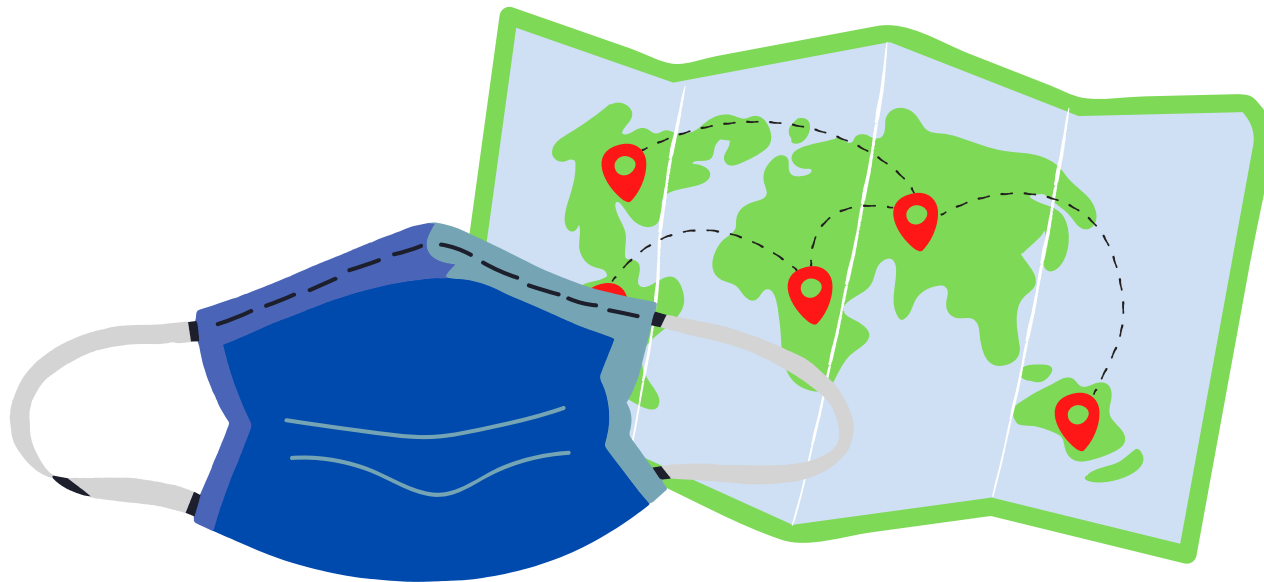
6. May I determine how many team members are safe in the workshop with the CO₂ measurer?

Yes, there could be many team members on the workshop as needed by following the safe distance of 1.5 or 2 meters between and the CO₂ mesurer gives a maximum of 700ppm.



TRAVELING

To travel safely to different parts of the country and the world, we recommend the following measures to be able to enjoy the face-to-face events that FIRST offers us.



BEFORE YOU TRAVEL



The status of all people who will travel 72 hours before must be known.

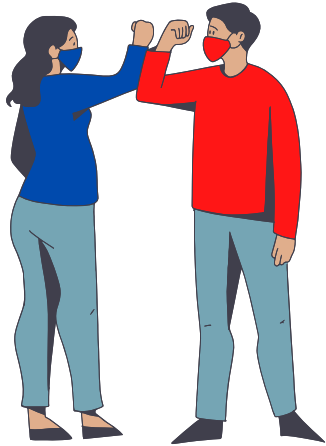


Avoid attending meetings, contact with people outside the team and entering closed places 10 days before the trip.



If the activities in the workshop are still going on, reinforce the prevention measures for a safe trip.

BY GROUND TRANSPORTATION



Avoid handshakes, hugs, and other forms of close contact.

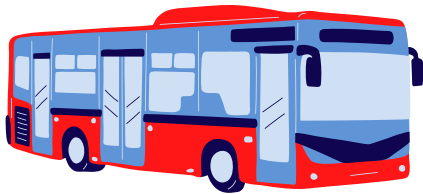


It must have sufficient containers for the accumulation of waste or garbage and disposable personal protective equipment used, which have a bag and a pedal-operated or oscillating lid.



The use of face masks is mandatory for all people on board.

BY GROUND TRANSPORTATION



Promote natural ventilation during the route. With the A/C change the filters in case of Covid Confirmed.



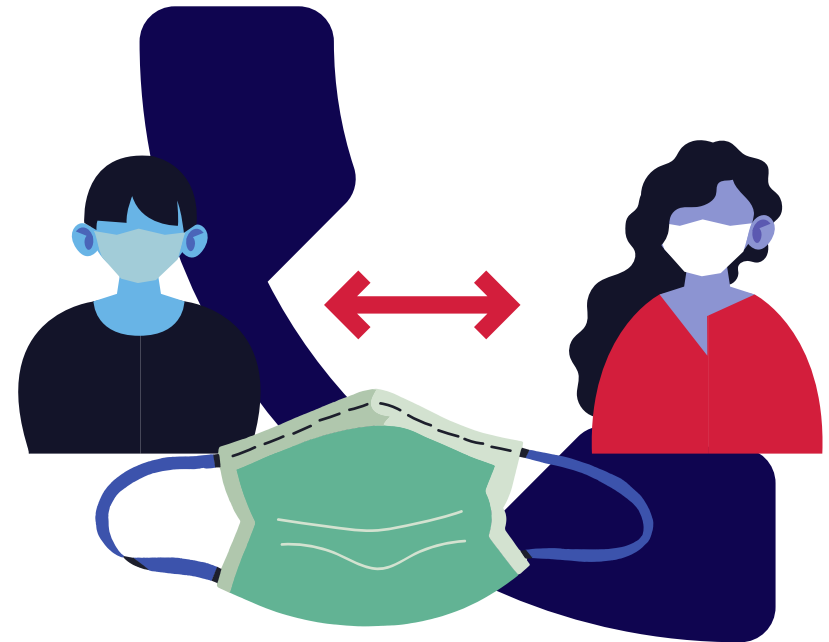
Do not eat drinks or food during the journey and keep a healthy distance, among others that help prevent contagion.



Specific protocols for daily cleaning and disinfection of means of transport must be in place, including: surfaces and objects of contact and common use.

AT THE REGIONAL

- **Try to use facemasks most of the time.**
- **Maintain a safe distance between team members and third parties.**
- **In the case of hotel rooms, it is recommended that there be one person from each area per room, since applying the isolation protocol can affect the tasks of the regional.**
- **Have a record of the contact numbers of the health centers in the city where they will stay.**



AT THE REGIONAL

- **To the extent possible, regularly test for the virus on long trips.**
- **Proactively monitor your personal health every day (body temperature and any other COVID-19 symptoms) and report the results.**
- **Eat meals two meters away from others unless instructed otherwise, or eat by yourself, keeping contacts to a minimum.**



GETTING TESTED FOR COVID-19 AT THE REGIONAL

A high-risk contact person is defined as:

- **Any person who is in contact with a positive case for more than 15 minutes.**
- **No face mask.**
- **Does not perform hand hygiene frequently.**
- **Does not follow pre-established preventive and hygiene measures.**



GETTING TESTED FOR COVID-19 AT THE REGIONAL

Actions:

- **Limit ambulation**
- **Always keep a healthy distance from all people (1.5 meters)**
- **Preferably in an exclusive room, well ventilated, windows and doors open**
- **Minimize contact and shared spaces.**



REFERENCES

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- Manual para la reapertura escolar ante la pandemia de COVID-19, Secretaría de Salud, from <https://www.saludcoahuila.gob.mx/COVID19/documentos/MANUAL%20REAPERTURA%20ESCOLAR%202021.pdf>