

## Six Safety Rules for the 6DAYS

### 1. Stay properly hydrated

Temperatures can rise significantly, and due to protective gear and prolonged hours on the bike, you'll lose a lot of fluids and salts through sweating, which can impair your performance and pose serious health risks from dehydration.

A 75 kg person, even without intense activity, needs at least 2 litres of water per day — so don't be surprised if you need much more during race days.

You must also replenish electrolytes with specific solutions to be dissolved in your water bottle.

To prevent cramps and fuel your body, consume sugars every hour. The recommended form is sugars dissolved in water, as they dehydrate you less than gels, are more easily absorbed, and cause fewer gastrointestinal issues.

### 2. Do not race if unwell

If you experience flu-like symptoms, gastrointestinal issues, weakness, or a fever, do not race!

### 3. Help others in difficulty

If you see someone in difficulty, immediately contact emergency services at:

**800940840** or **+39 02 99710118**.

The operator will ask:

- Where it happened (GPS coordinates are very helpful)
- What happened
- How many people are involved
- Whether the person is conscious, breathing normally, or bleeding.

In case of an accident:

- Do not move the injured person.
- Do not place anything under their head.
- Do not remove their helmet unless instructed by emergency personnel.

Stay with the injured person and keep the phone line free.

Don't worry about lost time — any delay will be compensated, and you won't receive a penalty. If there is no mobile coverage in the area, call the emergency number **112**.

### 4. If someone is missing or late

If a teammate or group member is late to a time check or goes missing, notify emergency services immediately.

We recommend always sharing your location with a teammate or family member using one of the many available apps.

### 5. Use the QR code

To be located in case of need, scan the QR code at the end of this page.

Keep the QR code readily accessible!

## 6. Medical services at the Paddock

At the Paddock in Bergamo Fairgrounds, medical services will be available:

- From 7:00 AM to 7:00 PM, August 24–28, 2025
- From 8:00 PM to 8:00 AM, for medical advice or a consultation, call **116117**
- For ambulance, police, or fire services, call the emergency number **112**



### Emergency Numbers:

- 800 940 840 (Italy only)
- +39 02 99710118 (from foreign numbers)

### Advanced Medical Post Location:

Entrance of the Bergamo Fairgrounds

### Operating Hours:

Sunday, August 24th – Thursday, August 28th: 07:00 to 19:00