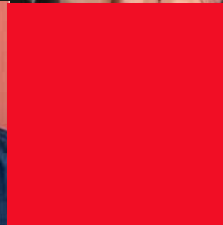




SABORES MÉXICO  
FOOD TOURS.



# SAFETY PRECAUTIONS: COVID-19





SABORES MÉXICO  
FOOD TOURS.



Your safety is our top priority.

We are strengthening our preventive measures during our food experiences.

Mexico City - 2020





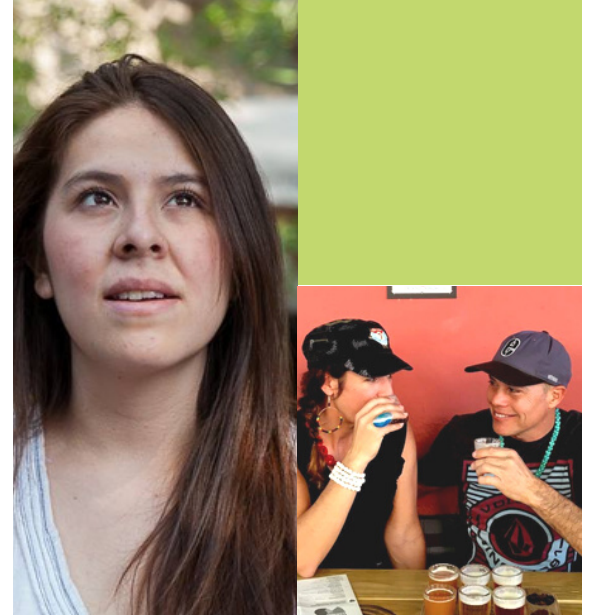


SABORES MÉXICO  
FOOD TOURS.



# CONTENTS

<b>Contents</b>	<b>3</b>
<b>Introduction</b>	<b>4</b>
<b>General Measures</b>	<b>5</b>
<b>Measures For The SMFT Team</b>	<b>7</b>
<b>Measures For The SMFT Staff</b>	<b>8</b>
<b>Measures For The Tour Host</b>	<b>10</b>
<b>Measures For Saboristas</b>	<b>12</b>
<b>Measures For Vendors</b>	<b>13</b>
<b>Measures For Transport Vehicles</b>	<b>15</b>
<b>Actions In Case of Suspicion of COVID-19</b>	<b>16</b>
<b>Glossary</b>	<b>17</b>
<b>References</b>	<b>18</b>





**SABORES MÉXICO**  
**FOOD TOURS.**

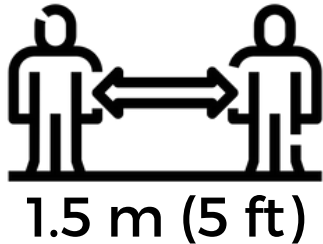


# INTRODUCTION

We developed a series of measurements in order to reduce the risk of contagion of Covid-19 for all the Sabores Mexico Food Tours (SMFT) community and its clients. Along with providing instructions to the hosts in case of detecting someone with symptomatology related to the virus SARS-COV-2.



## General Measures



### DISTANCE

Maintain a minimum of 5-foot distance from each other. If this is not possible, the use of a face mask is required at all times.

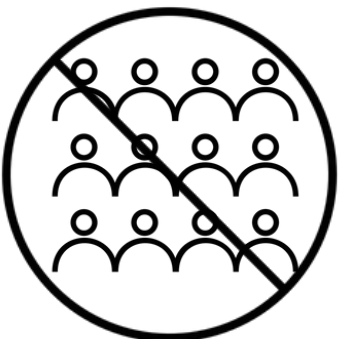


### HAND WASH

Wash your hands as many times as possible, using the handwashing technique recommended by the World Health Organization (WHO). 70% alcohol-based hand sanitizer gel will be available at all times.



AVOID TOUCHING YOUR FACE (MOUTH, NOSE, AND EYES).



AVOID GETTING NEAR PUBLIC SPACES OF HIGH CONCENTRATION.



## General Measures



### HOW TO SNEEZE OR COUGH

When sneezing or coughing, use your elbow following the recommendations of the WHO.

In the case you use a tissue, cover your mouth and nose and throw it away, wash your hands immediately.



### WHAT TO DO WITH POSSIBLE CASES

Must inform of possible symptomatic cases of Covid-19 in order to take preventative measures.



AVOID PHYSICAL CONTACT AT ALL TIMES.



## Measures For SMFT Team

### FACE MASKS

Face masks are required at all times throughout the experience for the SMFT team and suppliers, with no exceptions.

### NO LONG HAIR OR FACE HAIR

Long hair must be in a ponytail, bun, or braid throughout the experience. If possible, avoid facial hair.

### NO ACCESSORIES

Avoid the use of accessories (earrings, ties, bracelets, hats, caps, among others).



## Measures For SMFT Staff

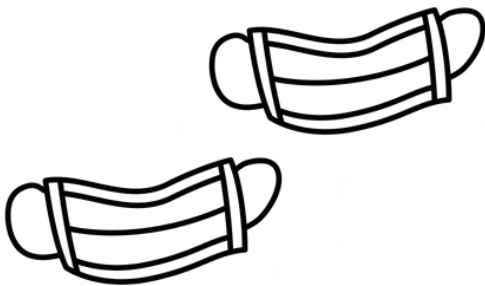


SMFT staff will have orientation and training to prevent and control the spreading of COVID-19 during the experiences, in their homes and when using private or public transportation.

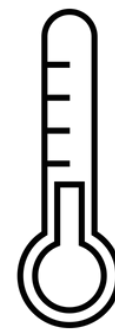


Hosts must use the PPE provided by SMFT:

- Face masks
- 70% Alcohol-based hand sanitizer gel



Hosts will make available face masks to the Saboristas that need them.

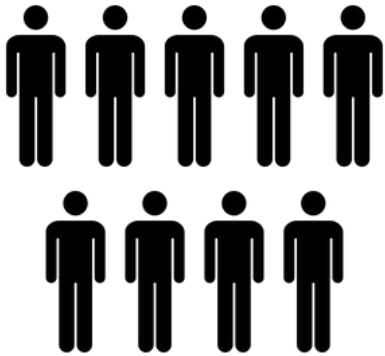


At chek-in, hosts will take the temperature of Saboristas and will politely ask them to fill out the Health & Safety Waiver Release.

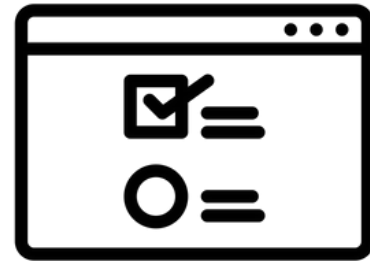




## Measures For SMFT Staff



Groups will have a maximum capacity of 10 Saboristas.



All staff must answer the respiratory triage and must not show any symptoms.



The team at SMFT will complete the certification courses provided by the IMSS:

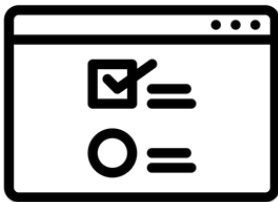
- Todo sobre la prevención del COVID-19
- Plan de acción para el hogar ante COVID-19
- Recomendaciones para un retorno seguro al trabajo ante COVID-19



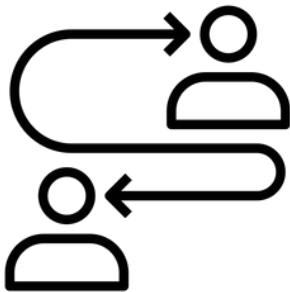
## Measures For The Tour Host



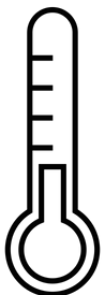
In case the host shows symptoms of the disease, they must notify it immediately to the Director of Operations and Logistics so a new host can be assign.



On the day of the experience, the hosts must send its respiratory triage properly filled up and signed, at least 4 hours before the beginning of the tour.



It's the host's responsibility to tell the Saboristas about this protocol. They must make sure that everybody fills up the Health & Safety Waiver Release. If a Saborista refuses to do this, they will be asked to abandon the experience without a refund.



The hosts will take the body temperature of all attendees. If the temperature is off range (+37.5° C or +99.5°F) they will be asked to abandon the experience and they will be informed of their 50% refund for operational expenses.



## Measures For The Tour Host



The tour hosts won't be able to remove their face mask at any time. In case the face mask has to be removed, they should make the change according to the WHO's guidelines.



The hosts must know all of the safety and hygiene measures of all the tasting locations in order to make sure they are being followed correctly. In the case of infringement, the host will request that they follow the agreed-upon measures.

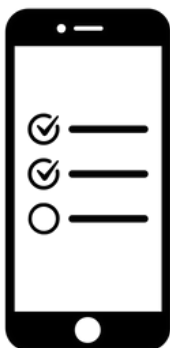


Upon arrival to a tasting location, the hosts must make a quick visual assessment of risks. They may even decide to skip the place if they consider the contagion risks are high. Immediately they should comment on this situation and follow up actions to the group.

## Measures for Saboristas

### WAIVER

Saboristas will have to answer the Health & Safety Waiver Release. In case they refuse, for everybody's safety, they will be asked to abandon the experience with no refund.



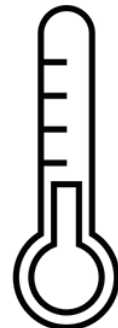
### UNDERAGE

Underage's Health & Safety Waiver Release will have to be answered by their parents or tutors.



### TEMPERATURE

The Saborista will allow the host to take their temperature.





## Measures for Vendors



They have to establish a safety and hygiene protocol. We suggest “Mesa Segura” from CANIRAC.



The tasting places must follow the food and hygiene guidelines established by the NORMA Oficial Mexicana NOM-251-SSA1-2009.



The establishment must have hygiene protocols that include sanitizing and disinfecting high contact surfaces such as, tables, chairs, among others before they are used.

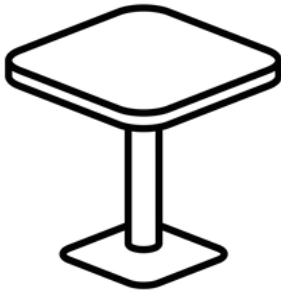


The use of the restroom should be offered upon arrival so everybody can wash their hands, alternatively, they will provide 70% alcohol-based hand sanitizer gel. Also, they will make available disposable towels to dry their hands.





## Measures for Vendors



The table shall remain clear at all times, the service will be put upon the group's arrival to avoid unnecessary exposure for the plates and cutlery before they are used.



All extra ingredients must be served in individual portions and they will be disposed of after they are used (lemons, sauces, onions, and chilis, for example).



Vendor has to keep the folder with the order sheets for the hosts safe and do not leave them within reach.



## Measures for Transport Suppliers

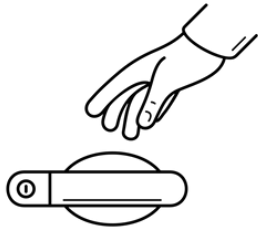


The vehicles must arrive 30 minutes before the beginning of the tour.



The vehicle shall be disinfected, paying special attention to the areas with higher contact before the experience starts.

This has to be done every time the group leaves and comes back to the vehicle.



The operator will open the doors for the passengers, everytime they get in and out of the vehicle.



The operator will make available 70% alcohol-based hand sanitizer gel to the passengers.



The use of the AC must be avoided, instead, they can open the windows. Exceptions can be made during the rainy season, however, its use must be limited.



# **Actions In Case of Suspicion of COVID-19**

In case of detecting a Saborista showing symptoms of COVID-19, the following actions must be applied:

1. The host will immediately inform the Director of Operations and Logistics to take the necessary measures and do the necessary adjustments.
2. The Director of Operations and Logistics will contact local authorities at the Citizens Attention phone number: 800 00 44 800 or 911.
3. The person will be informed of the reasons why the host thinks they shouldn't complete the experience and will be kindly asked to return to their lodging along with their companions and contact the relevant authorities to receive instructions.
4. In this case, the Saborista will be informed of the 50% refund for operational expenses.



## GLOSSARY

### SARS-COV-2

SARS-COV-2 is a virus that belongs to the family of coronavirus.

### COVID-19

Is the disease generated by the virus SARS-COV-2 in the human body.

### EXPERIENCE

Gastronomic and cultural stroll around Mexico City and other states of Mexico.

### SABORISTA

A food enthusiast that purchases a ticket to live the experience.

### VENDORS

Entity that provides a service or a product to SMFT.

### HOSTS

Local expert that has the knowledge to guide the group of participants during the experience.

### SMFT COMMUNITY

It refers to every person involved in the experience: hosts, vendors, drivers, Saboristas.

### SMFT TEAM

Everyone participating in the experience for Saboristas.

### HEALTH & SAFETY WAIVER RELEASE

A form the Saboristas must answer at check-in by which they waive and release SMFT of any future legal claim.

### RESPIRATORY TRIAGE

A questionnaire to determine if a host shows signs related to a person with symptoms of the SARS-COV-2 virus.

### PPE

It refers to Personal Protection Equipment.



## REFERENCES

- Gómez, J., Ramon-Pardo, P. y Rua, C. (2010). Manual para la implementación de un sistema de triage para los cuartos de urgencia. Recuperado de [https://www.paho.org/hq/dmdocuments/2011/HSS\\_IS\\_Manual\\_Sistema\\_Tiraje\\_CuartosUrgencias2011.pdf](https://www.paho.org/hq/dmdocuments/2011/HSS_IS_Manual_Sistema_Tiraje_CuartosUrgencias2011.pdf)
- Secretaría de Salud Pública (Abril, 2020). Triage respiratorio en atención primaria. Recuperado de <http://www.calidad.salud.gob.mx/site/calidad/triage.html>
- NORMA Oficial Mexicana NOM-251-SSAI-2009. Diario Oficial de la Federación, México, 1 de marzo de 2010. Recuperado de <https://www.dof.gob.mx/normasOficiales/3980/salud/salud.htm>
- Organización Mundial de la Salud. (2020). Infografía: COVID-19 - 5 Pasos para ahorrar agua al lavarte las manos. Recuperado de: <https://www.paho.org/es/documentos/infografia-5-pasos-para-ahorrar-agua-al-lavarte-manos-0>
- Organización Mundial de la Salud. (2020). Infografía: COVID-19 - Cubra su tos. Recuperado de: <https://www.paho.org/es/documentos/infografia-covid-19-cubra-su-tos>
- Organización Mundial de la Salud. (2020). Infografía: Cómo utilizar una mascarilla médica de forma segura. Recuperado de: <https://www.paho.org/es/documentos/infografia-sobre-uso-mascarilla>
- Protocolo COVID CDMX (2020). Manual para la prevención higiénica. Recuperados de: <https://www.protocolocovid.mx/about-us>
- Bares y centros nocturnos. Espacios públicos de afluencia turística. Experiencias Turísticas. Fondas y establecimientos. Restaurantes. Transportación Turística.
- Secretaría del Trabajo y Previsión Social. (2020). Lineamientos Técnicos de Seguridad Sanitaria en el Entorno Laboral. Recuperado de: [LABORALhttps://www.gob.mx/stps/documentos/lineamientos-tecnicos-de-seguridad-sanitaria-en-el-entorno-laboral](https://www.gob.mx/stps/documentos/lineamientos-tecnicos-de-seguridad-sanitaria-en-el-entorno-laboral)
- Instituto Mexicano del Seguro Social. (2020). Curso “Todo sobre la prevención del COVID-19”. Recuperado de <https://climss.imss.gob.mx/cursos/coronavirus/index.php?i=TnpnM01ERTQ=&o=0>
- Instituto Mexicano del Seguro Social. (2020). Curso “Recomendaciones para un retorno seguro al trabajo ante COVID-19”. Recuperado de <https://climss.imss.gob.mx/cursos/covid5/index.php?i=TWpRMU5qZ3dNdZ09&o=0>

