

Feature: C01.1

Professional Narrative

Regarding compliance with WELL Building Standard v2, **Feature C01: Health and Wellness Awareness, Part 1: Provide WELL Feature Guide**, the renovation project of the ELCANO Office Building, located in C/ Severo Ochoa 2, Las Rozas, Madrid, provide to all occupants' information about the WELL strategy implemented in the project, included in a WELL Feature Guide along with additional information of the environmental determinants on occupant health, well-being and comfort.

The WELL Feature Guide is provided within the Welcome Package to all tenants and can be also downloaded by them via the Elcano website (<https://www.elcanomadrid.com/contacto#formSent>). Furthermore, annual communications by emails, modules or training is provided to occupants, about available health education, resources and policies available to them through WELL features pursued by the project.

Furthermore, key tips of the WELL Feature Guide will be displayed at the screens, at visible points at the lobbies.

WELL GUIDE

Elcano Wellness Commitment

Sustainable and stimulating at the same time, Elcano office building has been able to evolve to become a necessary icon for understanding Spanish corporate architecture.

Thus, its architect Julio Cano Lasso put on the board a visionary intellectual capital that anticipated the future advancement of society and its forms of working life, and proposed, in 1990, a building as unique in its aesthetics as it was rationally intelligent and functional. in the distribution of their work environments.

Large, spacious and bright plants. Professional spaces where the simplicity, linearity and purity of the forms come to confirm today the validity of a revolutionary, contemporary architectural idea, with no architectural similarity to any of the professional buildings in the exclusive area of Las Rozas, in Madrid.

A refurbishment project has recently been carried out to protect and promote these values, as well as to reinforce the commitment to cultivate a workplace environment that values and supports the health and wellbeing of its occupants, following WELL v2 pilot concepts.

About the WELL Building Standard

The WELL building Standard is a road map for advancing human health within the built environment. Founded on the principles of being equitable and resilient, the WELL Building Standard draws on expertise from a diverse community of building scientists and public health professionals to put our health at the forefront of design. It takes a scientific approach to creating spaces that empower occupants to feel and perform better.

WELL is comprised of Features, each of which support one of ten concepts that make up the standard. The WELL Concepts include Air, Water, Nourishment, Light, Movement, Thermal Comfort, Sound,

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Materials, Mind, and Community. Projects are required to achieve Features and subsequent points based on performance outcomes for various policy, design, and operational strategies. WELL shapes operations and maintenance plans for buildings—optimizing the way that occupants can benefit from their surrounding environment.



The following Feature Guide provides an overview of the WELL Features achieved at ELCANO office building and the positive impact that these spaces have on the physical and mental health of the occupants and the community.

ELCANO WELL strategy

ELCANO project includes strategies that improve human health and well-being through the application of the "WELL Core v2 pilot, Q3 2020" whose certification combines best practices in design and construction with interventions carried out, addressing specific health and well-being problems or opportunity for the health promotion, and the potential impact of an effective intervention.

Rating System: WELL Core

WELL Core is a distinct pathway for core and shell buildings (also known as base buildings) seeking to implement fundamental features to benefit tenants. The systems is a useful tool to streamline a series of strategies, programs and technologies designed to encourage more active and healthier lifestyles, which in turn reduces the occupants' exposure to harmful chemicals and pollutants.

The initiatives and implementations carried out in the building are described below, which respond to the 10 concepts mentioned above:

1. AIR
2. WATER
3. NOURISHMENT
4. LIGHT
5. MOVEMENT
6. THERMAL COMFORT
7. SOUND
8. MATERIALS
9. MIND
10. COMMUNITY

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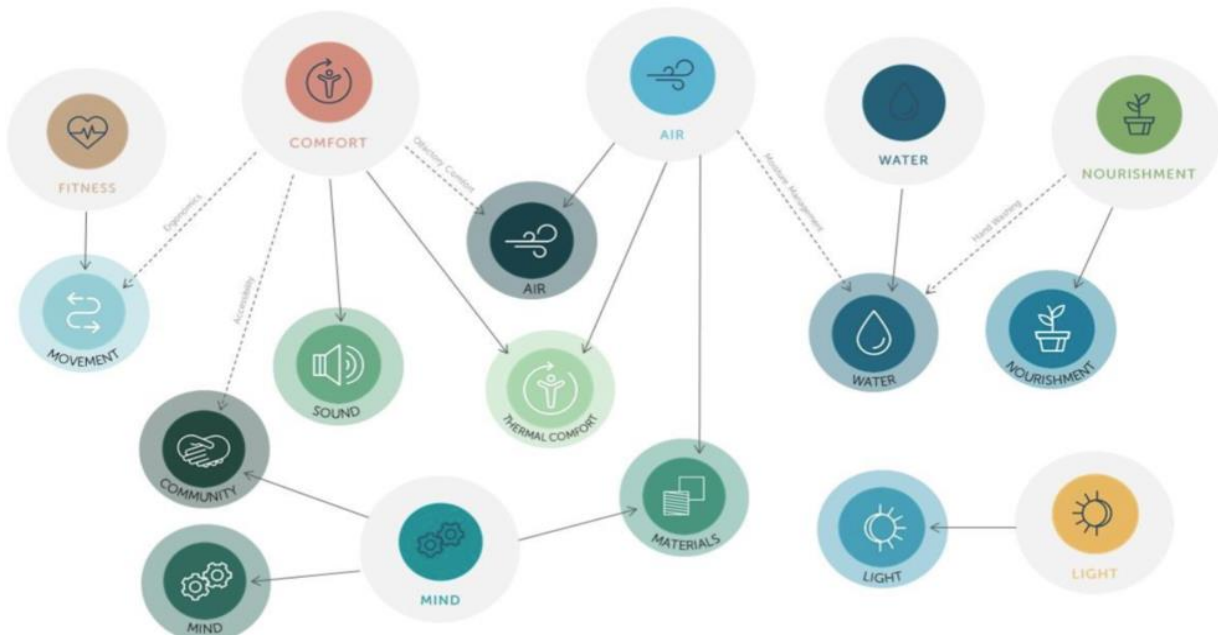
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11. INNOVATION



All concepts are related to each other within synergies:



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AIR



Intention

The WELL Air concept aims to achieve high levels of indoor air quality across a building's lifetime through diverse strategies that include source elimination or reduction, active and passive building design and operation strategies and human behaviors interventions.

Key initiatives, implemented in the project:

A01 AIR QUALITY PRECONDITION AND A05 ENHANCED AIR QUALITY

In the building air quality tests were performed to verify the compliance of the parameter's levels. An air quality test is required annually.

A02 SMOKE-FREE ENVIRONMENT

Smoking is prohibited in the building, and the Project counts with signages that indicate that it is prohibited to smoke (including electronic cigarettes), where the building located signs that are three meters away of each access/entrance, operable window, and air intakes, to indicate this prohibition.

The smoking places are going to be 7.5 meters away for each entrance, operable window, or air intake. At the same time the project count with signages with the hazard of smoking, that are placed on corridors near the designated smoking zones, these signs must be place 30 meters away, one from another, around the project.

A03 VENTILATION DESIGN PRECONDITION

The building ventilation rates comply as RITE (Spanish regulation) is more restrictive than ASHRAE 62.1-2010. This allows to clean interior contaminated areas where people spend most of their time carrying out different activities.

A04 CONSTRUCTION POLLUTION MANAGEMENT PRECONDITION

This requirement does not apply since the building is already built. However, according to the documentation presented in the first certification process, the project had a Construction pollution management Plan that contributed to the best construction practices to maintain the best air quality possible. With this same plan, the work had a pollution prevention and control plan, which helped ensure that hazardous materials did not cause damage to watercourses or the construction site.

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A05 ENHANCED AIR QUALITY

Indoor Air Quality test are conducted after the construction works completion, including particulate matter, organic and inorganic gases, to ensure a healthy indoor air quality prior occupancy.

A06 ENHANCED VENTILATION DESIGN

Ventilation rates have been calculated considering the outdoor air rate and the default occupancy and comply with the credit. The asset has an on-demand ventilation system because the AHUs are provided of a CO2 sensor.

A09 POLLUTION INFILTRATION MANAGEMENT

The entryways count with windbreak spaces and revolving doors, depending on the location of the entrance space, crossing each door, the project count with a mat, covering the door width, with a length of three meters towards the interior.

A11 SOURCE SEPARATION

The pollution isolation exhaust is covered by the implementation of a system that will exhaust and expelled air from the building bathrooms, cleaning and chemical rooms, air that is going to be expelled and not going to be recirculated into the interior again, with the use of architectural characteristics using self-closing door to protect each of the spaces from letting polluted air in the interior of the spaces mentioned before.

A12 AIR FILTRATION

The Project implemented filters in the ventilation systems, to control external air quality going inside the building, using mechanical filters, that are implemented to clean the air quality into the interior, providing the best air quality to all spaces inside the building.

The carbon active filters are installed, to comply with the WELL Building Standard.

To have a better control, this system is going to be automatized for maintenance issues (measuring the pressure in air) and at the same time the project will commit to submit each year the Filter's test report to the International WELL Building Institute (IWBI), to see if they work as they should, and according to their technical specifications. At the same time CO2 monitors are going to be installed, four in each floorplan, to control interior air quality for interior emissions, that can be harmful for occupants.

A13 ENHANCED SUPPLY AIR

Occupiable spaces utilize 100% outdoor air, so this point is compliant, besides carbon filters are installed.

A14 MICROBE AND MOLD CONTROL

Condensation management has been addressed within the project such as high relative humidity levels particularly in high-humidity areas, air leakage, cold surfaces, air conditioning size, and other potential moisture damage to interior areas' materials and equipment. Furthermore, condensation and mold management is included in operation and maintenance protocols as well as tenant's notifications procedure.

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v.03

WATER



Intention

The WELL Water concept covers aspects of the quality, distribution, and control of liquid water in a building. Includes features that address availability and contaminant thresholds in drinking water, as well as features aimed at managing water to prevent damage to the project materials and environmental conditions.

Key Initiatives, implemented in the project:

W01 FUNDAMENTAL WATER QUALITY AND W04 ENHANCED WATER QUALITY

It is possible that the building is subject to cloudy water and possible coliforms, these elements found in the water are indicators for the presence of many more pollutants. When the water is very cloudy or with coliforms, it is capable of harboring germs, or it is an indication that the filtration systems are not working properly.

Tests are carried out in the leases space, to identify the quality of water in the facilities, from the network. The project quality water comprises to an excellent quality.

An analysis was carried out on site that indicates around 27 indicators measured by this requirement for water with water quality for human consumption, giving the best results, where these 26 indicators are below the limits, where excellent water quality is supplied to the entire project, for the consumption of the occupants, as well as for the water from bathroom taps, the latter evaluated under parameters of turbidity and coliforms, among others.

W02 DRINKING WATER QUALITY

All the water supplied for human consumption in this project meets the required limits.

The project has a cleaning system for the interior water, to get the best water quality. It has implemented an inverse osmosis system, that will prevent water from containing harmful particles, that can be consumed by the building occupants. The water at the same time will be free of lead or asbestos particles.

The function of this system is to remove and as a filtration system, that will clean public water additives, agricultural contaminants, organic contaminants, and inorganic contaminants. This system is one of the most important in this project, because we are committed to maintain human health, and maintain water quality for the water purity and quality, to maintain its best characteristics' and be use for people consumption.

W03 BASIC WATER MANAGEMENT

Legionella is a bacterium that is found in natural aquatic environments and that has found a very suitable habitat in man-made water systems, which act as amplifiers and propagators of the bacteria. If dispersed in the air and enters the respiratory system, it can cause infections in people.

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v.03

Legionella infection, or legionellosis, occurs in the form of pneumonia, or Legionnaires' disease, which can produce severe symptoms, or in the form of Pontiac fever, which is a non-pneumonic infection, with flu-like symptoms and few other symptoms.

To explain the rationale for the proposed actions, the conditions that must be met for the bacteria to infect humans are detailed.

a) Penetration of the bacteria in the water circuit: It is necessary that the microorganisms have an entry way to the system. This is usually produced by the contribution of natural waters contaminated by the bacteria, even in small quantities. The AFCH supplied to users must have a minimum concentration of residual chlorine that guarantees its bacteriological safety. However, despite this, it can have very small amounts of legionella, without under these conditions, the water can cause cases of legionellosis.

b) Multiplication of bacteria in water: For infection to occur in man, it is necessary for the microorganism to multiply in water until reaching a high concentration. The multiplication of the bacteria is a function of the water temperature, its content in other microorganisms (amoebae, algae, etc.), organic and inorganic matter, which are related to dirt and stagnation.

This is managed in the building within a legionella management plan, control by Elcano OM staff.

W04 ENHANCED WATER QUALITY

Additional drinking water quality test are performed, including the following parameters: aluminum, chloride, fluoride, manganese, sodium, sulfate, iron, zinc, total dissolved solids.

W05 WATER QUALITY CONSISTENCY

Ongoing water quality test are included in operations and maintenance protocols, including quarterly test for lead, copper, turbidity, and coliforms parameters, displayed at visible screens at each lobby and also in the building website.

W06 DRINKING WATER PROMOTION

A healthy and accessible drinking water supply has been provided to building users. One dispenser per each half office floor.

W07 MOISTURE MANAGEMENT

The system of the curtain wall facades, waterproof in itself, conducts condensation water or accidental entry through a drainage system inside the uprights, until it is expelled to the outside, preventing the passage of indoor and work areas.

The project considers exterior glazing and entrances to the building from its surroundings, to avoid any moisture situation in the interior of the building.

All the materials were correctly protected during the project construction.

W08 HANDWASHING

Provision of sinks with adequate dimensions, equipped with clear signage and fragrance-free hand soap placed in dispensers with disposable and sealed soap cartridges and paper towels for hand drying, with the intention of ensuring adequate hygiene.

NOURISHMENT



Intention

The WELL Nourishment concept requires the availability of fruits and vegetables and nutritional transparency and encourages the creation of food environments where the healthiest option is the easiest option.

The food and drinks sold in the project it will have to consider products with low added sugar, which can cause overweight, obesity, type 2 diabetes, kidney disease, hypertension, among other negative health effects.

Key Initiatives, implemented in the project:

N04 FOOD ADVERTISING

Promotion of healthy food and staying hydrated in lunchrooms or common areas, such as visible screens at the lobbies, and the building web site.

N07 NUTRITION EDUCATION

Educational material in different formats, complementary to each other, on nutrition and diet, are available to all occupants.

N12 FOOD PRODUCTION

One of the additional services that this WELL project offers tenants is the possibility of participating in the garden program located on the plot itself, for which there is a training program, participatory sessions, and gardening tools.

N13 LOCAL FOOD ENVIRONMENT

The project is located within 400 m secure walking distance of 2 supermarkets with natural fruits and vegetables section: DIA Supermarket (400m) and Supermercado Gourmet (400 m).

LIGHT



Intention

The WELL Light concept promotes exposure to light and aims to create optimal lighting environments for visual, mental, and biological health.

Key initiatives, implemented in the building:

L01 LIGHT EXPOSURE

Elcano has been designed to be able to obtain the greatest amount of daylight during the day, prolonging the use of natural lighting for a greater number of hours and thus reducing the use of artificial lighting in the facilities.

L02 VISUAL LIGHTING DESIGN

The requirements for lighting in accordance with EN 12464-1 have been complied. The following is obtained:

- Tasks or activities considered for the visual lighting design in the project. Considering all the tasks and activities carried out regularly by the occupants.
- Height of the work plane or other lighting objective.
- Lighting in relation to the age range for the majority of the occupants.

L05 ENHANCED DAYLIGHT ACCESS

The WELL Light concept promotes exposure to light and aims to create lighting environments that are optimal for visual, mental, and biological health. Light is the main driver of the visual and circadian systems. Light enters the human body through the eye, where it is sensed by photoreceptors in the retina that are linked to the visual and circadian systems.

Both Precondition (sDA 200,40%) and Optimization (sDA 300,50%) has been modeled for VLT values between 25%, 34%, 45%, 55% 65% and 75%, based on the information of existing glazing components. As a conclusion the lowest VLT value that meets L05 Optimization for 55% of regularly occupied space is VLT= 0.25. This VLT glass value secures Precondition, 80% (minimum requirement 30%) regularly occupied space receives at least 200 lux of sunlight for at least 40% of operative hour each year (08:00-18:00h Monday to Friday) and one (1) additional point in L05 Optimization, since 55% of regularly occupied space receives at least 300 lux of sunlight for at least 50% of operative hour each year (08:00-18:00h Monday to Friday).

L08 OCCUPANT CONTROL OF LIGHTING ENVIRONMENTS

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Among the additional services offered by this WELL building to its direct staff or general services, is the option of having supplementary lighting that doubles the recommended lighting levels, on demand. In this way, it is ensured that direct personnel work in a healthy and participatory work environment.

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MOVEMENT



Intention

The WELL Movement concept promotes movement, physical activity and active living and discourages sedentary behaviors through environmental design strategies, programs, and policies.

Key initiatives, implemented in the building:

V02 VISUAL AND PHYSICAL ERGONOMICS / V07 ACTIVE FURNISHING

The fixed working stations of direct staff or general services are equipped with essential equipment for ergonomic workstations (height-adjustable tables, adjustable chairs, adjustable monitors, and balance board), to guarantee a healthy working environment among the staff, and as an example for tenants. Moreover, educational material and trainings on ergonomics and its benefits is contemplated and accessible at the reception desk and at the building web site.

V03 MOVEMENT NETWORK AND CIRCULATION

Elcano integrates points of decision signage encouraging stair use near the main building entrance or the reception desk, at elevator or escalator banks on each floor and at the base of stairs and stairwell re-entry points on each floor.

V05 SITE PLANNING AND SELECTION

The project counts with an excellent access to mass transit transportation and basic services, since it is located in a business park next to a residential area with all commodities.

V08 PHYSICAL ACTIVITY SPACES AND EQUIPMENT

The project is located in an urban area within 800m secure walking distance from the project boundary to off-site spaces promoting physical activity, accessible for all regular building occupants:

- A linear boulevard in front of the main entrance to the property, with green areas and seating areas, lead to playground areas less than 800 m away
- Next to a hiking trail and also pedestrian trails less than 800 m away (d space type)

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V09 EXTERIOR ACTIVE DESIGN

The project includes interior and exterior patios, and an exterior garden with vegetation and trees, benches and signage, drinking fountains, paths for walking and running, creating a contemplative outdoor environment that invites relaxation and meditation promoting mental health.

THERMAL COMFORT



Intention

The WELL Thermal Comfort concept aims to promote human productivity and ensure a maximum level of thermal comfort among all building users through better HVAC system design and controls, and by meeting individual thermal preferences, programs and policies for an environmental design.

Key initiatives, implemented in the building:

T01 THERMAL PERFORMANCE

The project is based in the ASHRAE 55.2013 for all the interior ventilated systems, by the implementation of the best practices. It allows the project with the use of specific procedures and measurements to comply with the thermal environment in all the interior spaces, to ensure an acceptable interior comfort, with the implementation of efficient HVAC systems and a rigorous selection of fixtures, taking to account their location, maintenance, and operation procedures.

It is well none that the thermal comfort can affect productivity, mood and performance, to achieve the objective of the project, this is a very important concept to maintain. The project wants to ensure an excellent level of comfort for its occupants, to maintain a balance in the environment and at the same time preventing people from getting sick.

When we talk about comfort, accessible design standards are taken into consideration. The “Codi de `Accesinilitat de Catalunya is an acceptable equivalent to the American Disabilities Act (ADA), which means the project comply ensuring the individuals with physical disabilities to get good access and mobility, all around the building. This allows the project to fit for human coexistence and guarantee an ethical order. This code ensures the project to eliminate barriers and obstacles in all the spaces and at the same time comply with architectonic elements such as doors, ramps, elevators, stairs, and corridors or spaces that would be adapted for all the occupants and for their necessities.

T02 ENHANCED THERMAL PERFORMANCE

As a WELL design criterion, all regularly occupied spaces meet the limits for the following indices: PMV of +/- 0.5; PPD \leq 10% during all occupancy hours per year, which will be verified according to Performance Verification Test.

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v.03

T04 INDIVIDUAL THERMAL CONTROL

For direct staff or general services, a flexible dress code policy is in place that allows the personnel to dress for individual thermal preferences, as well as the possibility to get upon demand individual controls (task small heaters and ventilators), to ensure a healthy and comfortable work environment to them and example to the tenants.

T06 THERMAL COMFORT MONITORING

In recent improvement construction works, thermal comfort monitoring based on temperature and humidity sensors have been installed on each floor, as well as a screen or display with data on temperature, humidity, and pollutants, to inform and aware the building occupants.

SOUND



Intention

The WELL Sound concept aims to enhance the health and well-being of occupants by identifying and mitigating the acoustic comfort parameters that shape occupants' experiences in the built environment.

S01 SOUND MAPPING: BACKGROUND NOISE – PRIVACY - LABEL

It is important to consider the possible external noise level inside the building. In urban areas where outside sounds involve loud and repetitive noises, it is necessary to carry out strategies to reduce or reduce this external noise, which can cause a person who is exposed to these sounds, has a greater risk of complicating his diabetes, stroke or even a possible heart attack.

In addition to these extremes, it can also lead to a reduction in a person's reaction time and create feelings of discomfort.

The following requirements are met:

1. Loud zones: includes areas intended for loud equipment or activities (e.g., mechanical rooms, kitchens, fitness rooms, social spaces, recreational rooms, music rooms)
 2. Quiet zones: includes areas intended for concentration, wellness, rest, study and/or privacy (e.g., restorative spaces, lactation rooms, nap rooms).
 3. Mixed zones: includes areas intended for learning, collaboration and/or presentation (e.g., auditoriums, classrooms, breakout spaces).
 4. Circulation zones: includes occupiable areas not intended for regular occupancy (e.g., hallways, egress, atria, stairs, lobbies).
- b) If Loud zones directly border Quiet zones, projects provide a plan for reprogramming or mitigating sound transmission between Loud zones and Quiet zones.

S02.2 MAXIMUM NOISE LEVELS

Interior design has limited background noise in sensitive spaces, including offices and the auditorium, which is tested for performance in the Performance Verification Test.

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S06 BETA. IMPACT NOISE MANAGEMENT

The objective of this requirement is to limit within buildings, and under normal conditions of use, the risk of discomfort or illness that noise may cause to users. To meet this objective, the renovation works will be carried out in such a way that the construction elements that make up its enclosures have adequate acoustic characteristics to reduce the transmission of background, impact noise, and noise and vibrations from the building's own systems, and to limit reverberant noise from spaces.

Regarding the protection against impact noise in horizontal divisions, in demolition works, samples are carried out to analyze the existing floor-ceiling solution and assess its validity against noise protection. The analysis of samples of the horizontal partitions between offices / offices and between offices / retail - restaurant / basement parking, shows the ceiling-floor solution of the original project and its condition against impact noise.

Thus, the validity to address impact noise of the solution has been confirmed, consisting of: raised access floor of 3 cm encapsulated panel with pedestals, with a total height of 20 cm / existing reticular slab in concrete slab lightened with recoverable blocks, with a total floor edge of 30 + 5 cm / ceiling formed by exposed slab painted with smooth matt paint. Only, on the perimeter of the offices and in the areas where HVAC ducts circulate, a continuous false ceiling is specified, and in the case of the routes of ducts and installations, registrable and with a sound barrier.

MATERIALS



Intention

The WELL Materials concept aims to reduce human exposure to hazardous building material ingredients by restricting or eliminating compounds or products known to be toxic and promoting safer replacements. Compounds that are known to be hazardous to the health of occupational workers and / or to bioaccumulate or aggregate in the environment are also restricted and in some cases were not allowed.

Key initiatives, implemented in the building:

X01 FUNDAMENTAL MATERIAL PRECAUTIONS

Elcano is built without incorporating asbestos, mercury or lead in any part of the building.

X02 HAZARDOUS MATERIALS ABATEMENT

This is a renovation project of an existing office building in C/ Severo Ochoa 2, Las Rozas, Madrid, built in 1993. So, the existing building has been built before regulations were put into effect in Spain that prohibits the use of asbestos and lead containing paint in construction works, and before thus an on-site investigation of the space conducted by a certified inspector technician to determine the presence of any asbestos-based or lead-based hazards is conducted that reveals that there is no evidence of the presence of asbestos, and that there are no relevant risks associated with lead presence.

Regarding PCBs, the existing building has been built after the institution of applicable laws banning or restricting PCBs, following the European Commission Directive 76/769/CEE on the approximation of the laws, regulations and administrative provisions of the Member States relating to restrictions on the marketing and use of certain dangerous substances and preparations, and its transposition into Spanish regulations by the Real Decree RD 1406/1989. Furthermore, the renovation works does not affect PCB-containing building materials, such as common window replacements. An inspection and/or abatement of PCBs has not been required since there is no risk of PCBs presence.

X03 EXTERIOR MATERIALS AND STRUCTURES

The existing exterior wooden-based products and artificial turf grass has been removed, the wood for metal solutions and the turf for a new one, except for the wooden beams at the interior patio skylight installed in 2015 after the law banning CCA-treated wood (Directive 89/677/CEE 1989)

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X04 WASTE MANAGEMENT

The project design contemplated a designated waste room, provided with labeled bins with taps for hazardous waste such as batteries, mercury containing lamps and pesticides. Furthermore, in operation and maintenance protocols is included a waste management plan that include hazardous waste management specifications.

X07 PESTICIDE USE

In the operations and maintenance plan and the gardening specifications, it is limited the use of pesticides, to low impact ones, that meet Tier ranking of 3 (least hazardous) based on the Pesticide Research Institute's PestSmart tool or "Least Restricted" based on the Pesticide Product Evaluator tool, or the European equivalence.

X08 HAZARDOUS MATERIALS REDUCTION

In design and during construction, healthy materials have been prioritized, with less than 100 ppm of added lead, particularly in doors, pipes, ducts, mirrors and glass, ceilings, pumps, motors, wall coverings, blinds. In addition, new furniture, including textiles, has been checked to contain less than 100 ppm of mercury, cadmium and antimony.

X09 CLEANING PRODUCTS AND PROTOCOLS

In this WELL Project, a protocol of good cleaning and disinfection practices is followed and non-hazardous cleaning products with the EU Ecolabel label are specified.

X10 VOLATILE COMPOUND REDUCTION

In design and during construction, healthy materials have been prioritized, with less than 100ppm content of halogenated flame retardants for: furniture, windows, doors, frames, floors, ceilings and vertical partitions, electrical wiring, plumbing and pipes, and thermal and acoustic insulation. In addition, materials with a formaldehyde content of less than 100 ppm are also prioritized in the case of: wood products, adhesives and sealants, insulation.

X11 LONG-TERM EMISSION CONTROL

In design and during construction, healthy materials have been prioritized. In the case of floors and thermal and acoustic insulation, priority is given to those with low emissions according to CDPH.

X12 SHORT-TERM EMISSION CONTROL

In design and during construction, healthy materials have been prioritized. In the case of adhesives, paints, coatings and sealants, products with low VOC emissions are selected according to CDPH Standard and low VOC content according to CARB, ASTM, ISO 11890.

X13 ENHANCED MATERIAL PRECAUTION - X 14 MATERIAL TRANSPARENCY

In design and during construction, materials with ingredients disclosure, such as C2C, HPD, or Declare, have been prioritized. This list of materials will be accessible to maintenance staff and tenants for their information.

MIND



Intention

The WELL Mind concept promotes mental health through policies, programs and design strategies that seek to address the various factors that influence cognitive and emotional well-being.

Key initiatives, implemented in the building:

M01 MENTAL HEALTH PROMOTION

This WELL Project offers direct staff or general services free of charge different mental health programs, which are communicated through different formats, to promote mental health among workers who depend directly on the property, and to be able to extend these services to the other occupants for and agreed cost.

M02 ACCESS TO NATURE

This renovation project integrates direct and indirect connection to nature within the building and project site in project design. Furthermore, the original design proposed a terraced building and exterior spaces also in different levels and terraces, symbolizing a boat in the sea. Furthermore, interior space layout in non-leased spaces is particularly designed to provide views and symbolic references to nature and local and historic elements. Also, the building is organized around interior patios, one closed and the other open to the exterior, and surrounded by vegetated spaces.

M07 RESTORATIVE SPACES

The project has an exclusive outdoor space designed for relaxation, suitable for the estimated occupancy of the building, with views of nature and not intended as a workspace.

M09 ENHANCED ACCESS TO NATURE

The renovation project integrates a landscaping project on the roof of the basement parking (platform) and in open patios and open spaces and is also located next to adjacent green spaces with easy pedestrian access, which overall enhances access to nature. So, the project complete two of the WELL strategies to enhance access to nature: outdoor nature access, and nearby nature access.

M13 TOBACCO PREVENTION AND CESSATION

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The project implements a tobacco cessation program and tobacco cessation resources such as: the prohibition of selling tobacco in the building and educational resources accessible to all occupants on the health risks of tobacco.

COMMUNITY



Intention

To promote the mental and intellectual development of the occupants, through new knowledge and learning. Key initiatives, implemented in the building:

C01 HEALTH AND WELLNESS AWARENESS

A library is installed for the enjoyment of the space employees, to which all staff will have accessibility, for readings related to the concepts promoted by "WELL V2", this will be virtual. It will be related to the 10 WELL V2 Concepts: air, water, food, light, thermal comfort, movement, sound, materials, community and mind. As additional innovations considered.

C02 INTEGRATIVE DESIGN

The building included the necessary meetings prior to construction, to discuss the preconditions and optimizations that the project decided to achieve, under this certification.

One of the most important goals in the project is to maintain the team working together and achieving all the synergies in the project space.

C03 OCCUPANT SURVEY

There are less than 10 direct staff or general services employees, so a formal occupant survey is not design or implemented. However, the property is committed to implement a formal survey if more direct staff are required in the future.

C07 COMMUNITY IMMUNITY

The local vaccination calendar is promoted, which follows the recommendations of the WHO, with vaccination campaigns at no cost for direct personnel or general services, and with an associated cost for the rest of the occupants.

C13 ACCESSIBILITY AND UNIVERSAL DESIGN

The building complies with the accessibility standards for offices of the Community of Madrid, and the technical building code (CTE_SUA).

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v.03

C14 BATHROOM ACCOMMODATIONS

For the distribution of toilets, it has taken into account the local regulations for adapted and non-adapted toilets recommended according to the estimated occupancy of the building. All are equipped taking into account the diversity of occupants: litter bins in all toilets and one per floor with a syringe dispenser and children's changing tables. All cabins intended for the use of women, are equipped with waste bins and access to feminine hygiene products. There are also adapted toilets, for individual use, and inclusive, also equipped with gender neutral signage, paper, bins and feminine hygiene products.

C15 EMERGENCY PREPAREDNESS

The Project counts with an Emergency Plan that comprises every emergency resources adapted to the premises: list of the emergency resources available, AEDs, first-aid kit, emergency visual and audible alarms and emergency educational resources.