

## **Hygiene regulations** Status 04.06.2020

### **What to consider when visiting the studio:**

- Persons with cold symptoms as well as persons with SARS CoV-2 infection or if there has been contact with an infected person within the last 14 days, are not allowed to enter the studio!
- In case of suspicion of corona, our employees have the right to refuse to enter the studio.
- For persons who belong to the risk group, special training times are available in Unterhaching by appointment. During these times, the ratio of visitors/area is 1 person per 15 sqm.
- Wearing a mouth and nose protector is mandatory in the entire studio area.

### **Rules when entering the studio**

- In all rooms, including reception, walking and standing areas, as well as staircases and elevators, there is an obligation to cover your mouth and nose. During the exercises on the equipment, this can be taken off.
- Our staff ensures that there are only so many people in the studio that a ratio of 1 person / 8 m<sup>2</sup> is observed.
- You can find out about the current occupancy rate in the studio by calling the studio.
- When entering the studio, hand disinfection must be carried out in the entrance area.
- During the training the wearing of full finger gloves is strongly recommended
- the use of towels is compulsory.
- Clothing: long trousers & T-shirt with sleeves are compulsory.
- The studio visit is limited to 60 minutes.
- Crowds of people are to be avoided at the reception. Please keep a sufficient distance, pay attention to the floor markings (1.5 m) and if necessary wait in front of the studio!

### **Rules in the studios**

- The lockers shall be used exclusively for the safekeeping of private property.
- The changing rooms, shower area and wellness area will remain closed for the time being.
- A general minimum distance of 1.5 metres is to be maintained! Observe floor markings/barriers. Only every 2nd unit may be occupied.
- There is a general ban on physical contact in the entire studio, e.g. when greeting.
- After each use the used equipment / aid (e.g. dumbbell) has to be disinfected at the contact surfaces.
- Beverages and consumables such as fitness bars are handed out by our employees in compliance with the hygiene regulations and distance rules.
- Only 1 person is allowed in the toilets!

### **Rules especially in the course area**

- For courses there is a limitation of 15 participants (Unterhaching) and 20 participants (Munich). For courses there is a general obligation to register. For floor exercises, a towel the size of your body must be used.
- Only as many people may be present in the course rooms as are indicated or as there are floor markings.
- Our course times are organised in such a way that there is sufficient time for cleaning, ventilation and disinfection.

#### **What we do for hygiene**

- All rules of access and residence also apply to our staff.
- In addition, our staff ensures that the hygiene concept is observed.
- There are disinfectant dispensers with tissues on all studio surfaces. We provide antiviral disinfectants and waste bins with lids.
- We have equipped our check-in area with protective screens.
- Our employees are trained about health risks and regulations for general hygiene.
- Air conditioning and ventilation systems in our studios ensure a continuous exchange of air and have a separate air supply and exhaust system. In addition, our staff regularly ventilates the studios.

*These hygiene regulations and the disinfection plan are displayed in the studio for everyone to see. Instructions for hand disinfection can be found on each hand disinfection dispenser.*