

COVID HYGIENE CONCEPT (as of 23rd October 2021)

Please be aware of the following regulations in order to minimize the probability of spreading the coronavirus.

This is a **3G** event, meaning that upon registration we will kindly ask you to present your evidence for vaccination (2x), your evidence for having recovered from COVID or we will ask you for a quick test.

1. Please always keep 1,5m distance – unless when it is not possible.
2. Please wear your masks any time in the house when moving. When seated at the appropriate distance you may remove your mask. When the appropriate distance cannot be kept please put your mask on - even while seated.
3. We regularly open the windows (every 45-60min).
4. Please wash/ sanitize your hands before every session and/or whenever you enter the training room.
5. Please stick to the etiquette regarding sneezing and coughing. If one participant shows symptoms of a cough/ flew the person shall immediately be isolated.
6. All contact data of participants shall be collected and stored according to the adequate data protection regulations.
7. Please write your name on the cups/ training materials to avoid them being touched by others.
8. WE ARE ALL RESPONSIBLE FOR KEEPING THESE RULES.
9. PLEASE FLAG TO THE TEAM AND THE GROUP IF AT ANY POINT YOU FEEL UNCOMFORTABLE OR INSECURE ABOUT THESE RULES.