

CORONA PROTOCOL FOR CUSTOMERS

BEFORE YOU COME

- Come only with appointment or reservation.
- Come alone or with persons from your household.
- Avoid public transport, if possible.
- Stay at home if you have any of the following (also mild!) symptoms: fever above 38°), runny nose, coughing, sneezing, sore throat. Also, stay at home if you have been sick in the previous 72 hours.
- Stay at home if someone in your household has a fever (above 38°C) and / or shortness of breath. Also, stay at home if someone in your household has tested positive for the coronavirus in the past 14 days.
- Go to the toilet at home before you come to the lessons.
- Bring your own water bottle filled for drinking.
- Bringing a towel to class is mandatory.
- Come to the studio in sportswear. Dressing rooms will be closed.

WHEN YOU ARRIVE

- Arrive at the studio no earlier than 10 minutes before the class is to begin.
- Not more than 1 person at a time on the stairs.
- Keep 1.5 meters (two arm lengths) away from any other person.
- Announce yourself when you arrive.
- Do not shake hands.
- Wash your hands with soap/disinfectant for at least 20 seconds before the lessons.

IN THE STUDIO

- Always follow the instructions of the personnel.
- If during the lesson complaints arise such as: nose cold, cough, shortness of breath or fever, go home immediately.
- Cough and sneeze in your elbow and use tissue paper.
- Avoid touching your face.
- Direct contact is allowed only during the lesson.
- Poles and other equipment must be cleaned before and after every class.
- Clean the poles with disposable paper and alcohol.

AFTER THE LESSON

- Go home immediately after the lesson.
- Take all the things you brought with you (bottles, towels, etc.).



CORONA PROTOCOL FOR PERSONNEL

BEFORE YOU COME

- Any work that can be done from home, should be done at home.
- Stay at home if you have any of the following (also mild!) symptoms: fever above 38°), runny nose, coughing, sneezing, sore throat. Also, stay at home if you have been sick in the previous 72 hours.
- Stay at home if someone in your household has a fever (above 38°C) and / or shortness of breath. Also, stay at home if someone in your household has tested positive for the coronavirus in the past 14 days.
- Come alone or with persons from your household.
- Avoid public transport, if possible.

IN THE STUDIO

- Keep 1,5 meters (two arm lengths) away from any other person.
- Do not shake hands.
- Provide assistance just when it is necessary or when the student requests it.
- Caution others regarding inappropriate behavior and infractions of the rules.
- Wash your hands with soap/disinfectant for at least 20 seconds before the lessons.
- Wash your hands at least 6 times per day, especially before eating, after going to the toilet, traveling by public transport and after cleaning up.
- Do not share your personal items and equipment with others.
- Cough and sneeze in your elbow and use tissue paper.
- Keep your things, equipment and personal protection items clean, preferably disinfected.



CORONA PROTOCOL – ADDITIONAL MEASURES

- **Routing and staging are used to facilitate maintaining 1,5 m distance before and after the lessons.**
- **Rules for hygiene are hanging at the entrance and inside of the studio.**
- **Rules for customers are also shown on the website.**
- **Disinfectant gel and instructions are made available to the customers.**
- **Poles, doorknobs and other contact surfaces will be disinfected after every lesson.**
- **A good ventilation system ensures that air is blown outside and not circulated inside. If necessary, the windows will be opened for additional air circulation.**
- **Personnel are instructed with regard to the protocols.**
- **Protocols will be updated as required.**

