



## **COVID-19 Protection Concept for School Operation**

The guidelines by the FOPH and the cantons on distance and behavioral rules, as well as hygiene measures, apply.

### **Measures**

#### **1. Hygiene**

- When entering the school, please ALWAYS disinfect your hands FIRST.
- The hygiene guidelines by the FOPH must be followed in all rooms.
- Course participants and teachers must wash or disinfect their hands with soap and water upon arrival, before and after breaks, and before and after massages. Additionally, wash hands every hour.
- Disinfectants are available for use.
- Currently, overnight stays in the course rooms are not possible.

#### **2. Mandatory wearing of masks/protective measures**

- The wearing of FFP2, FFP1 or Type II R hygiene masks (no fabric masks, or fabric masks only if they are equipped with a tested insert membrane) is mandatory for participants and teachers in all accessible rooms and during theoretical and practical lessons. This also applies upon the presentation of a doctor's certificate.
- During practical lessons, changing partners is not allowed. The same two people work together for the whole day.
- Everyone wears freshly washed clothes every day and brings freshly washed terry towels and fixed linen.
- The distance of 1.5 meters must be respected whenever possible.
- We will gladly provide hygiene masks as a contribution towards expenses. Of course, you may bring your own protective masks.

#### **3. Breaks**

- Masks are also mandatory during breaks. Everyone is requested to follow the distance regulations, to spread out in the rooms or to spend the breaks outside.

- Hands must be disinfected before using the coffee machine, refrigerator, etc.
- Dishes are provided on a very limited basis. Disposable plates and cups are provided.

#### **4. Cleaning**

- Disinfectants are available in all rooms.
- Used items (coffee maker, massage tables, chairs, door handles ...) must be cleaned independently with the appropriate surface disinfectant after each use.
- Loungers and all surfaces are disinfected regularly (daily up to 2x).
- Classes are not over until after the final cleaning.
- Clothes and terry towels are taken home and washed every evening.
- The toilet is cleaned and disinfected regularly.
- All rooms are to be aired every hour.

#### **5. People at risk continue to stay home**

- People who are sick or feel sick stay home.
- People with COVID-19 symptoms such as cough, sore throat, difficulty breathing, fever, loss of sense of smell and/or taste.
- People who have had close contact with ill people (less than 2 meters for more than 15 minutes) must remain at home in so-called quarantine.
- People who have been affected by the Coronavirus are not allowed to attend classes until at least two weeks after they have recovered from the illness.
- People who belong to the risk group should stay away from classes.

We thank you for your support and implementation of the measures.

AlohaSpirit Team

Noëlle & Cornelia