



# Hygiene Concept

for our sports offers  
in the therapy bath of the Gustav Meyer School



# Hygiene Concept

## Preliminary remarks

- Our club offers the following sports activities in the therapy pool:
  - Mondays 5.00 p.m. – 6.00 p.m. water aerobics (textile)
  - 6.00 p.m. - 7.00 p.m. water aerobics (nudist)
  - Tuesdays 6.30 p.m. - 8.30 p.m. swimming(ATTENTION! At the request of the lifeguard on site, the swim was postponed by half an hour to 6.30 p.m. to prevent encounters with the support group)
- The basis of the concept is the hygiene concept for the bath published by the Gustav Meyer School and specifies the precautionary measures described there for our club operations.
- The district health department allows 12 people in the pool.
- The tiled rooms and the very frequent exchange of air through the ventilation systems make the bathroom a very safe space (*classification in terms of epidemic hygiene by the German Society for Bathing*).
- The chlorination of the water destroys the membrane of the Covid-19 virus within 1/10 of a second. Therefore, the person swimming afterwards is never endangered by a person coughing into the water in front of him. (*Statement by the Federal Environment Agency on March 12, 2020*). There is no risk of infection from swimming aids as well.
- Grip and seat surfaces are regularly disinfected by wiping.
- Names are recorded, as they were before Corona.
- The use of the Corona app from the Robert Koch Institute is recommended.



# Hygiene Concept

## General Conditions

- No participation in the case of cold symptoms or other Covid-19 signs
- Participation only after prior registration for the individual appointment
- Mouth and nose protection is **MANDATORY** from entering the building (except in the swimming pool during sports)
- **ALWAYS** keep a distance of 1.50 m to other people
- Sneeze and cough only into the crook of your arm
- Hand disinfection at the entrance / exit
- Names are recorded (contact details are known to the association)

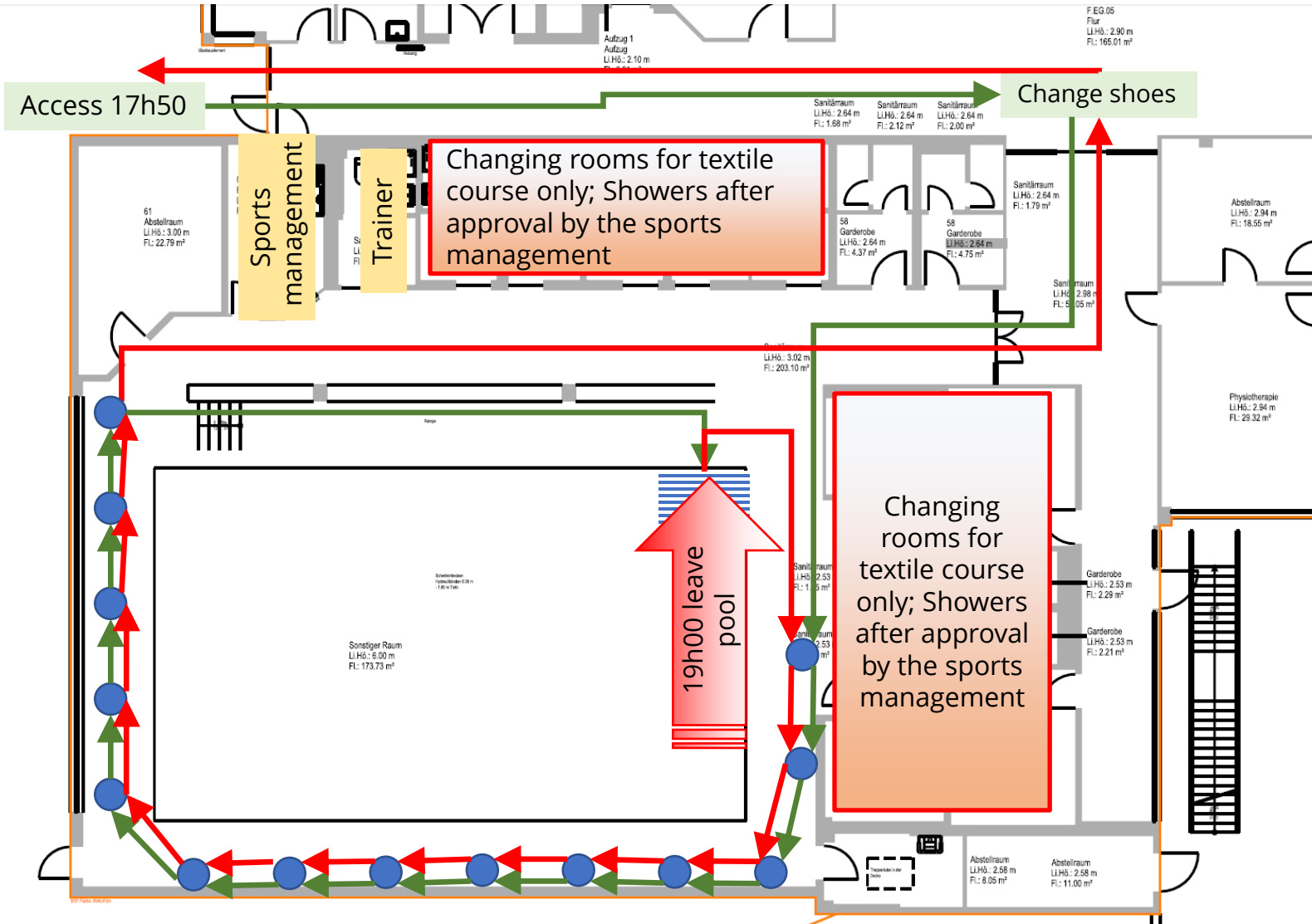


# Hygiene Concept Aqua aerobics (Nudism only) Rules

- **Registration for each appointment at [wassergym@adolf-koch.de](mailto:wassergym@adolf-koch.de) by midnight the day before**
- Only club members are allowed to participate, guests are not allowed, trial participation only if there are free places left.
- The maximum possible number of people in the water is 12. If there are more registrations, the last registrations will be canceled by email. You have priority at the next appointment.
- Admission is at 5:50 p.m., the building is entered at a distance of 1.5 m with a mask on, hands are disinfected and flip-flops are put on in the shoe-changing area. The street shoes are placed on the shoe rack.
- The sports management controls the access to the swimming pool. Access while maintaining a safe distance through the sliding glass door as soon as the participants of the textile event are in the changing rooms.
- The participants walk around the pool in a clockwise direction while maintaining their distance and undress in the hall at a distance of 1.5 m on the edge under the windows or on the wall. Then continue clockwise to shower in the changing rooms after they were cleaned and approved by the sports management. A maximum of 3 people per shared shower, every 3<sup>rd</sup> shower is available. Then go by the stairs into the pool and distribute yourself according to the distance rule.
- At the end of the course, the pool is left **quickly** clockwise to the clothes, keep the 1.5m distance. Showering after bathing is done at home.
- After getting dressed leave the hall **quickly** through the sliding glass door with mask on, keeping your distance.
- Leave the building **quickly** after changing shoes.



# Hygiene Concept Aqua aerobics (Nudism only) Paths



← Entry path

→ Exit path

● Undress and storage point for personal items

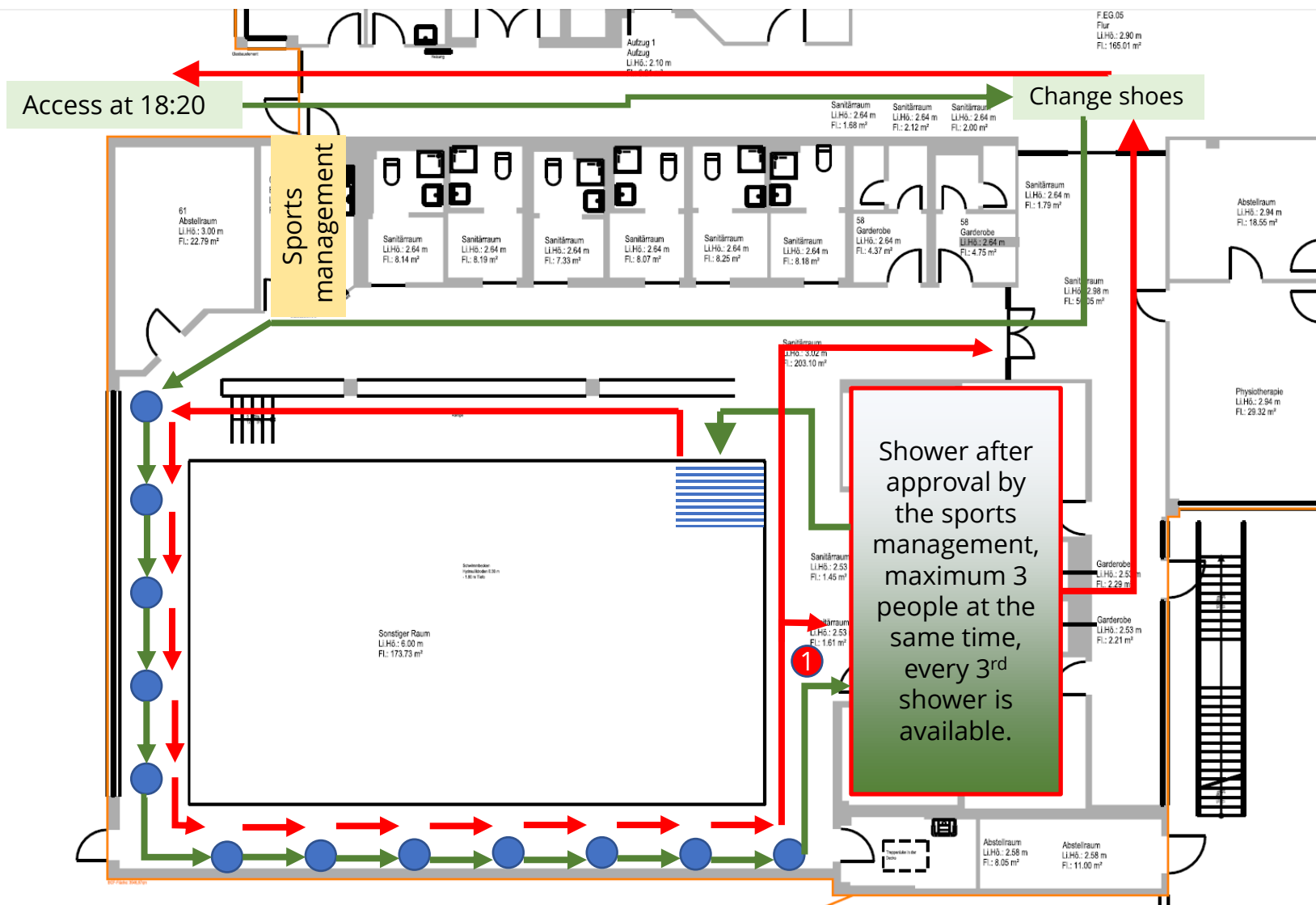


# Hygiene Concept **Swimming (Nudism only)** Rules

- The swimming time is limited to one hour per appointment. When registering, it must be stated whether the participation takes place in the first hour (6.30 p.m. - 7.30 p.m.) or in the second hour (7.30 p.m. - 8.30 p.m.).
- **Registration must be made for each appointment via the club's internal cloud.** Thereby every member can see the hour in which capacities are still available or when they are exhausted.
- The maximum possible number of people in the water is 10, only club members are allowed to participate, guests are not allowed, trial participation only if there are free places left.
- Admission for the first group is from 6.20 p.m., the building is entered with a mask at a distance of 1.5 m, hands are disinfected and flip-flops are put on in the shoe change area. The street shoes are placed on the shoe rack.
- The sports management controls the access to the swimming hall. Access to the swimming hall via the sliding glass door, while maintaining a safe distance, the changing rooms are only used during the exit of the 1<sup>st</sup> group. For the 2<sup>nd</sup> group, access will only take place as soon as all members of the 1<sup>st</sup> group have left the swimming hall via the changing room.
- The participants walk counter-clockwise around the pool while maintaining their distance and undress in the hall at a distance of 1.5 m on the edge under the windows or on the wall. Then continue clockwise to shower in the changing rooms after they were cleaned and approved by the sports management. A maximum of 3 people per shared shower, every 3<sup>rd</sup> shower is available. Then go by the stairs into the pool and distribute yourself according to the distance rule. You swim in 3 lanes with sufficient distance to the person in front.
- At the end of swimming, the pool is left counter-clockwise while maintaining the distance. Personal belongings are collected and the swimming pool is left **quickly** via the changing rooms (1<sup>st</sup> group) or the sliding glass door (2<sup>nd</sup> group) with a mask and keeping your distance. Showering is done at home.
- Leave the building **quickly** after changing shoes.



# Hygiene Concept Swimming (Nudism only) Paths



← Entry path

→ Exit path

● Undress and storage point for personal items

- 1 Exit 1<sup>st</sup> group to prevent meeting the 2<sup>nd</sup> group. Admission of the 2<sup>nd</sup> group only after the 1<sup>st</sup> group has completely left the swimming hall via the changing room.