



Hygiene Concept

Aqua aerobics
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 18 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

- Participation only for vaccinated (2nd vax. older than 2 weeks), or recovered (proof required) with a negative test (not older than 24h)
- 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 until midnight Sunday before. Registration window is open from Tuesday 00h00 a.m.**
- Guests (fee 14 €) or trial participation only if there are free places left.
- The maximum possible number of people in the water is 18 (incl. Trainer). 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 3rd 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

