



Hygiene Concept

Swimming
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.



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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)



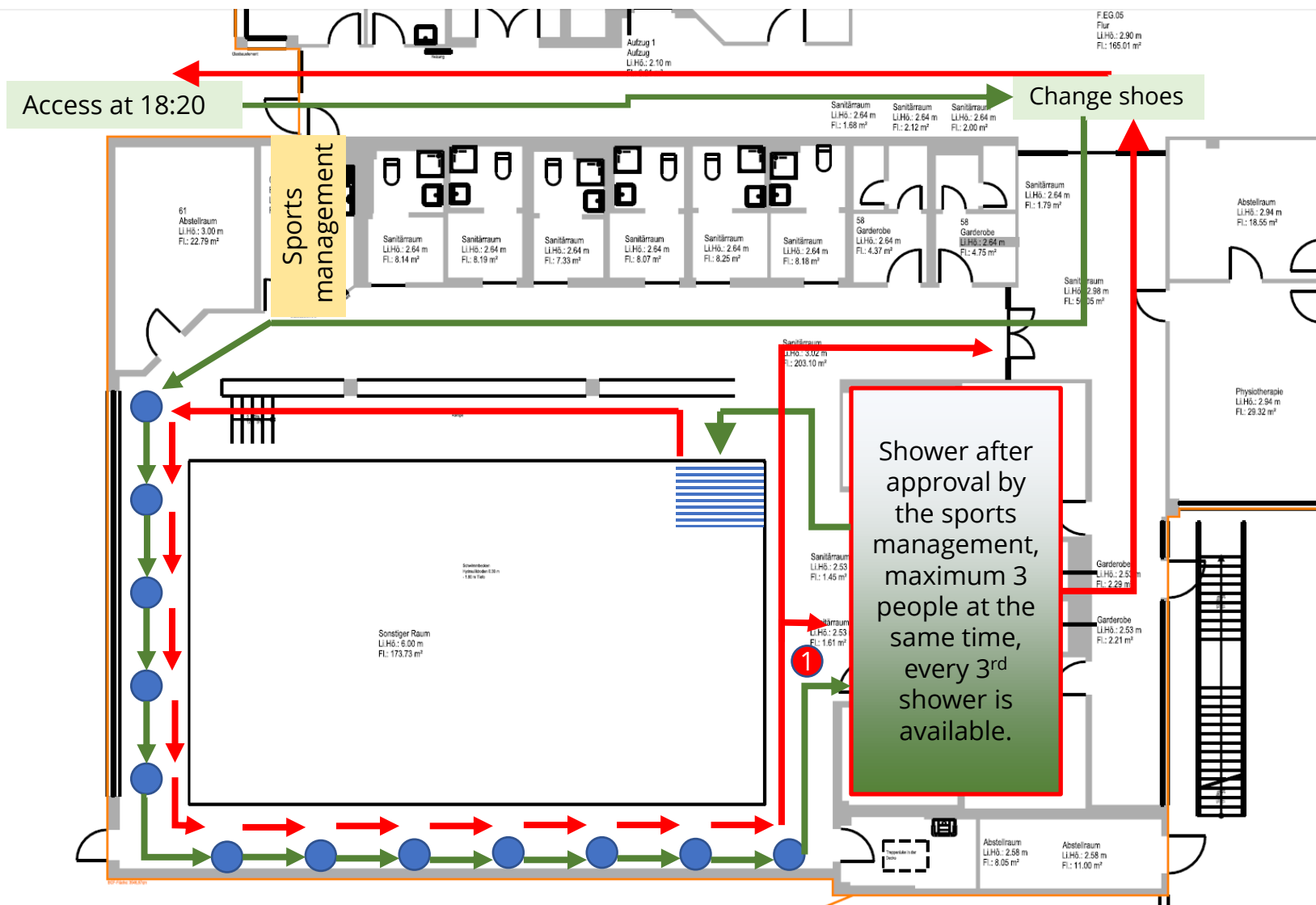
Hygiene Concept **Swimming (Nudism only)** Rules

- 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 18, guests (fee 6€) or 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 1st group. For the 2nd group, access will only take place as soon as all members of the 1st 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 3rd 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 (1st group) or the sliding glass door (2nd 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 1st group to prevent meeting the 2nd group. Admission of the 2nd group only after the 1st group has completely left the swimming hall via the changing room.