

## Information about Schulthess Training in the time of COVID

### Training room opening hours

Mon–Fri:	7 a.m. – 9 p.m.
Sat/Sun:	9 a.m. – 3 p.m.

### General information

- **Please only come to training if you feel healthy and have no symptoms!**
- You will be asked about your state of health when you arrive at the clinic (main entrance or in the underground car park) and you will receive a mask. You must wear a mask throughout the entire clinic – but you do not have to wear a mask in the training room.
- Every fitness provider must submit a prescribed protection plan in order to resume training activities. We are reliant on the cooperation of all customers to implement this plan.
- The 2 m distancing rule applies to the training room and in the changing rooms. Please observe this rule everywhere and act responsibly.
- You can only sign in at reception – this means we can control the corridors and bottlenecks better. If reception is closed (in the evenings and at weekends), you can sign in directly in the training room.
- The freeze automatically applied by us from 16 March 2020 applies up to the first training visit from 11 May 2020 onwards, but will end automatically on 25 May 2020 at the latest. Please take care of this administrative matter at reception when you attend for your first training session.
- We advise people who belong to the at-risk group defined by the Federal Office of Public Health FOPH to adhere to the [FOPH recommendations](#) and to stay at home. We will extend the freeze if you produce a doctor's certificate.
- The underground car park is closed on weekdays from 6 p.m. and at weekends due to the clinic's protection plan. Please use the parking spaces outside the main entrance or you can use the public car park opposite the entrance to the underground car park.

### Training room organisation and procedure

- The FOPH guidelines apply to the **maximum number of people** who can train at the same time in the training room. We will check this number by seeing who has signed in. This is why you must always **sign in and out** of training.
- In order to avoid bottlenecks or periods of unused capacity, please avoid peak times (around lunchtime and between 5 p.m. – 7 p.m.) and try and spread your training times throughout the day or at weekends.
- So we can better calculate your training time and to avoid large gatherings of people, **you must stick to a maximum training time of 60 minutes at the moment.**
- There is no obligation to wear a mask in the training room. If you would feel safer, you can of course wear a mask.
- Endurance training in the room is to be reduced to a minimum.

- In order to **adhere to the 2 m distance rule** in accordance with the provisions of the protection plan, we have adapted the strength training equipment and training areas and applied floor markings. Please stick to these markings and take other users into consideration when switching training areas.

### Hygiene measures

- The federal hygiene rules are to be adhered to in the Schulthess Klinik, in the changing rooms and during all training activities.
- The Schulthess Training cleaning guidelines are to be followed: Strength training equipment and contact surfaces are to be thoroughly disinfected with the ethanol provided after use. Please always use a hand towel when sitting or lying on surfaces during training.
- In order to avoid the changing rooms being overwhelmed, please be as quick as you can and, if possible, arrive for training in your gym gear and only use the showers if absolutely necessary.
- For better protection we advise you to use your own drink containers in the training room and do not bring items with you.

### Group course area

- Current federal guidelines unfortunately do not allow group courses to be conducted in a practical and correct way. Therefore, we have decided not to start the group courses yet and to extend the freeze for membership periods further. Thank you for your understanding.
- For customers taking ABO Plus courses, i.e. combining strength training and group courses, we are providing a special solution which we will make known when the courses start up again.
- In the meantime, we do not want to leave you hanging – so we are looking for opportunities to help you keep active, such as via video lessons.
- If you are interested in a home video lesson or another form of exercise, please register at [Schulthess-Training@kws.ch](mailto:Schulthess-Training@kws.ch)

### Checking contact details

In these extraordinary times, we have noticed that we do not have current or valid e-mail addresses for many Schulthess Training customers. In order to simplify the quick and uncomplicated transfer of information, please update your contact details at reception. This means we can inform you quickly and directly about changes to Schulthess Training. Thank you!