

Information about Albatros Training in the time of COVID

Albatros Training will open up again from 11 May. We are in a position to provide your training again while adhering to the Federal Office of Public Health (FOPH) protection plan. Please take note of the following important information:

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.
- A maximum of 6 people (5 customers and 1 instructor) may gather at any one time for Albatros Training.
- 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.
- We advise people who belong to the at-risk group defined by the FOPH to adhere to the [FOPH recommendations](#) and to stay at home. We will extend the freeze if you produce a doctor's certificate.
- However, if you would prefer not to resume your training for other personal reasons, you can take advantage of a membership suspension (12-month membership) of up to 8 weeks.
- 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.

Albatros Training organisation and procedure

- You must book your training time by phone using the Albatros number: +41 44 385 48 69 or via the Sports Physiotherapy office on +41 44 385 75 60. Admission to training is only possible after booking by telephone.

The following training times are available:

Monday	Wednesday	Friday
9 a.m. – 9.50 a.m.	9 a.m. – 9.50 a.m.	9 a.m. – 9.50 a.m.
10 a.m. – 10.50 a.m.	10 a.m. – 10.50 a.m.	10 a.m. – 10.50 a.m.
11 a.m. – 11.50 a.m.	11 a.m. – 11.50 a.m.	11 a.m. – 11.50 a.m.
5 p.m. – 5.50 p.m.	5 p.m. – 5.50 p.m.	
6 p.m. – 6.50 p.m.	6 p.m. – 6.50 p.m.	

- The rear exit on the ground floor leading to the gardens is closed at the moment. From the underground car park, proceed along the ground floor to the main entrance and then go down the street to our building.
- The maximum of 5 customers start at the same time and then finish training after a maximum of 50 minutes. Each training room will then be disinfected and aired. Any overlap with subsequent training customers will be avoided as far as possible.
- There is no obligation to wear a mask in the training room. If you would feel safer, you can of course wear a mask.
- In order to **adhere to the 2 m distancing rule** in accordance with the provisions of the protection plan, we are providing an exercise course format in the training area, where individual exercises from the training plan can be worked on in separate sections. The procedure will be explained to you on site.
- The golf driving range is closed until further notice.

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 Albatros 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.