



Hygiene concept for gyms

(IAW pertinent corona ordinances of the state of Rhineland-Palatinate)

All gyms must meet the following hygiene measures:

1. The valid requirement for physical distance and the valid contact limitations shall be guaranteed by these measures:
 - a. Access to the studio must be controlled in such a way that no more visitors enter the studio than places and devices can be used according to the following rules:
 - for an area of up to 800 sq. meters one person per 10 sq. meters is permitted
 - in case the gym area has a size of more than 800 sq. meters, the aforementioned applies and on the area exceeding the 800 sq. meters only 1 person per 20 sq. meters is allowed
 - b. Compliance with the maximum number of visitors must be ensured by appropriate measures.
 - c. Responsible person in charge will avoid queues and gatherings.
2. Organization of the gym:
 - a. As far as possible, a one-way route with suitable markings must be provided for the route in the studio. The marking also indicates the minimum distance of 1.5 m.
 - b. The arrangement of the fitness equipment ensures a minimum distance of at least 3.0 m when used in parallel. Evidence is provided by a room sketch that must be kept on site.
3. Person related individual measures:
 - a. Persons with symptoms of respiratory infection should be denied access
 - b. Visitors must wash or disinfect their hands after entering the gym. Suitable washing facilities or disinfection dispensers must be provided by the operator
 - c. A minimum distance of 1.5 m between persons must be kept at all times.
 - d. Personnel as well as visitors must be made aware of the applicable protective measures and rules of conduct (including general rules of infection protection, classification of cold symptoms, etc.) by appropriate signs.
 - e. The manager of the gym or the organizer of a gathering must ensure that contacts can be tracked. Contact details shall be collected and kept for one month in compliance with data protection regulations; after the expiration date of the retention period, the data must be deleted immediately. Data retention obligations arising from other legislation remain



unaffected. Responsible health authority may, if necessary for the performance of its tasks under the provisions of the Infection Protection Act (IfSG) and the CoBeLVO, request information about the contact details; the data must be transmitted without delay. Processing of the data for other purposes is not permitted. Data transmitted to the responsible health authority must be deleted irreversibly from the responsible health authority as soon as the data is no longer needed for the performance of the task.

4. Other gym measures:

- a. Contact surfaces and fitness equipment should be cleaned regularly with a household oil cleaner or a disinfectant that is at least limited virucidal. The same applies to exercise and sports material (balls, etc.).
- b. Self-service of the visitors at open beverage dispensers and the filling of brought beverage containers by staff remains inadmissible until further notice.
- c. Catering is allowed under the guidelines for the gastronomy (food or beverages are only consumed at tables. Bar and counter areas can be opened for the sale and delivery of food and beverages; these areas are for the staying of guests however closed).
- d. All rooms are to be ventilated every 20 minutes for 15 minutes each. Alternatively, permanent mechanical ventilation is to be provided. Adequate means must be used to ensure continuous air circulation indoors.

Sanitary facilities should be permanently ventilated if possible.
- e. Sanitary areas, changing rooms and wet rooms may only be used individually
- f. Hand sanitizers, liquid soap and disposable towels are to be made available in sanitary and communal / break rooms. The rooms are to be cleaned at short intervals.
- g. The use of swimming pools, saunas etc. is prohibited until further notice. The use of showers is only approved for use alone.
- h. The lending of material with which visitors come into physical contact is prohibited unless adequate disinfection or cleaning is provided.

5. In general:

- a. A responsible person must be appointed on site to ensure compliance with the regulations.
- b. Persons who are not prepared to comply with these rules are to be denied access within the framework of the domestic authority.



c. In addition and upon request, the responsible authority can, in justified individual cases, allow exceptions or other hygiene requirements if a requirement under a corona ordinance is not mandatory, the level of protection appears comparable and the purpose of the corona ordinance is observed.