

PROTECTIVE MEASURES COVID-19

(As of 26 October 2020)

As of 26 October 2020, the operation of the NANEA Studio will take place with the following protective measures.

PROTECTIVE MEASURES / REGULATIONS

1. Students with symptoms of illness are not allowed to attend classes and are urged to stay at home – as well as those who belong to a risk group or are particularly at risk. Please come to the training only if you feel absolutely fit!
2. **Masks are compulsory in the staircase, entrance area and changing room! Please keep your mask on until you are on your mat in the training room.** It is not necessary to wear a mask during training.
3. The distance regulation of at least 1,5 meter applies to all customers – anywhere and at any time.
4. The lessons take place with max. 6 participants. Early registration is therefore recommended.
5. All course participants appear in training clothes and already changed in the studio.
6. Only one person at a time is allowed in the changing room, the others wait in front of the door. The shower is not available until further notice.
7. **Please bring your own pilates mat or a towel of sufficient size with you.**
8. The studio and all training equipment will be sanitized before and after each lesson, and the rooms will be thoroughly ventilated.
9. Toilet, taps and door handles are disinfected several times a day, waste bins are emptied daily.
10. Liquid soap, disposable towels and hand disinfectants are available.
11. Please bring your own drink bottle. In the studio we do not provide you with drinking glasses until further notice.
12. We will not correct you tactilely during training, there will be no physical contact.
13. We do not shake hands but welcome you with a smile that comes from the heart.

These are the official guidelines of the Federal Office of Public Health (BAG) and the Professional Association for Health and Physical Activity Switzerland (BGB).

Thank you for adhering to these rules!

Stay healthy!