

PROTECTIVE MEASURES COVID-19

(As of 13 September 2021)

The following safety measures apply in the NANEA studio.

PROTECTIVE MEASURES / REGULATIONS

1. A certificate obligation applies until further notice. Please bring your Covid certificate to the training.
2. Students with symptoms of illness are not allowed to attend classes and are asked to stay home. Please only come to training if you feel fit.
3. **Masks are compulsory in the entire studio (incl. stairwell, entrance area, changing room and training room). However, the mask does not have to be worn during training.**
4. The distance regulations still apply to all clients.
5. If possible, course participants should come to the training already dressed in training clothes.
6. Please bring a sufficiently large towel or your own Pilates mat.
7. The studio and all training equipment are cleaned before and after each lesson, the rooms are aired out.
8. Toilets, taps and door handles are regularly disinfected, waste bins are emptied daily.
9. Liquid soap, disposable towels and hand disinfectant are provided.
10. Please bring your own drinks bottle. There are currently no drinking glasses available in the studio.
11. We do not shake hands and are happy to greet you with a smile that comes from the heart.

These are the official guidelines of the Federal Office of Public Health (BAG).

Thank you for adhering to these rules!

Stay healthy!