

To all participants in the courses  
of the Academic Sports Services

**Guideline for the organisation and participation in the face-to-face courses of the Academic Sports Services at the Justus Liebig University of Giessen during the Corona virus pandemic, valid as of 9 August 2020**

**I. General information**

1. Hygiene protection measures and regulations are communicated to all participants, instructors and members of the Academic Sports Services:
  - via the website during online registration
  - by e-mail sent to all participants prior to participation
2. Only courses with obligatory registration and non-contact sports and movement-activity courses are offered.
3. Attendance lists for each training session of the sports courses have been prepared in order to be able to trace back any chain of infection, i.e.
  - only registered persons may participate and
  - attendance lists will be checked by the instructor during every class
4. Every participant is personally responsible for the provision of materials necessary for the compliance with hygiene regulations (e.g. mouth-nose protection masks)
5. Every participant must comply with the following requirements, confirm this compliance during registration for the courses and maintain it during the complete course:
  - There are no impairments to health and/or symptoms of any diseases. Admission to courses is not possible for people with symptoms of a cold or flu.
  - There has not been any contact with infected people for a minimum of two weeks.
  - The RKI hygiene measures (hygiene measures issued by the Robert Koch Institute, the government's central scientific institution in the field of biomedicine) are complied with (keeping distance, consistent adherence to the coughing and sneezing etiquette, regular washing of hands in the cooling breaks and before and after the training).
  - All participants will come to the courses already dressed in their sports clothes.
  - Sports shoes are put on in the entrance area or the room in front of the actual sports venue.
  - Participants will take showers and get changed after the training at home.
  - Thorough washing of hands in all cooling breaks, before and after the training
6. Hand disinfection dispensers are installed in the rooms or in the entrance area of the sports venues; they should be used before the training. Further hand disinfection dispensers can be found in the toilet rooms.
7. All participants will leave the sports venue immediately after the end of the training session. Forming of groups within and outside of the sports venues is to be avoided.
8. A break of 30 minutes is planned between the training sessions for the airing of the rooms and hygiene measures and to avoid any contact between the training groups on entering and leaving of the sports venues.
9. Guests and spectators are not admitted to the sports venues.

10. In case of an accident or injury, first aiders and the victim of an accident or the injured person must wear mouth-nose protection masks (see attachment first-aid measures during the corona pandemic issued by the department B3). In case of resuscitation, the mouth of the person to be resuscitated is to be covered with a cloth, chest compression (cardiac massage) is to be carried out and mouth-to-mouth resuscitation is to be omitted if possible.

11. The first aid equipment at the venues on the sports campus (Kugelberg) has been checked for completeness and mouth-nose protection masks/ffp2 masks and disposable gloves have been added.

## **II. Use of the sports venues**

1. When using a municipal or communal sports venue, compliance with the guidelines of the corresponding venue is to be ensured.

2. It is not necessary to wear mouth-nose protection masks when actually doing exercise. We recommend wearing one's personal everyday mask when not actively doing exercise. We also recommend wearing one's personal everyday mouth-nose protection mask on entering and leaving rooms.

3. Participants are informed that when entering a sports venue they will have to

- go inside one after the other
- avoid forming queues
- wear a mouth-nose protection mask and
- keep a minimum distance of 1.5 m

4. Notices and leaflets offer information about the most important behavioural and hygiene rules (washing hands thoroughly; disinfecting hands; etiquette of sneezing, coughing, distance keeping and avoiding of body contact; airing of the rooms)

5. In the sanitation facilities there is a sufficient amount of liquid soap, paper towels and disinfectant. Waste should be disposed of in closed containers so that contact is avoided.

6. In the sanitation facilities too, a minimum distance of 1.5m must be kept and mouth-nose protection should be worn, when possible.

7. Changing rooms and showers are closed and must not be used.

8. According to their needs, participants will bring their own mat, towel, ball pen etc.

## **III. Information about training session procedure**

1. Before every training session, instructors will inform participants about corresponding behavioural measures: in case of noncompliance by participants, the instructor is entitled to exclude such participants from the course and to report such an exclusion to the management of the Academic Sports Services.

2. Any and all physical contacts must be omitted before, during and after a training session. This also includes support or assistance as part of the techniques of the type of sport. Partner exercises and greeting rituals (slapping hands, hugging etc.) are to be absolutely omitted.

3. All exercises and training measures are to be performed without physical contact.

4. Group sizes have been reduced according to applicable regulations. As a guideline, it is recommended to use a space of 20 m<sup>2</sup> per participant.

5. At all opening hours of the sports venues, distance has to be kept (a minimum of 3–4 m distance in all directions to have a reserve for spontaneous movements of the participants). There is a sufficient

number of sanitation facilities. A minimum distance of 1.5m is to be kept when using the sanitation facilities. When it is impossible to keep a distance, mouth-nose protection masks (your personal everyday mask) have to be worn.

6. Instructors will allocate corresponding space for individual exercise and the breaks to the participants before the training session.

7. The use of sports equipment of the Academic Sports Services is limited to the unavoidable minimum.

8. If participants bring their own equipment and materials (e.g yoga mats), they will be responsible for the disinfection themselves. Handing them to other participants or allowing other participants to use them is not permitted.