



Standards of Hygiene for participants of our classes

Dear class participants,

We are delighted to welcome you to face-to-face classes in our rooms at Häberlstrasse 17.

In order to ensure the required safety and health standards we ask you to comply with the following hygiene requirements when entering our center:

- It is mandatory to wear a **mouth and nose coverage with a FFP-2 mask** when entering the building (stairwell and in front of the classrooms). Masks should also be worn throughout the class and should only be removed for speaking (if needed). The city of Munich recommends "wearing a mask for as much of the time as possible". When the mask is removed, make sure to maintain a minimum distance of 1.5 m to the next person.
- We ask you to stay at home for the protection of the other class participants if you, your child or any other household member has a fever, shows symptoms of flu or cold, has lost their sense of smell or taste, has difficulty breathing or if in the past two weeks has been in contact with a person who is infected by COVID-19. This also applies to any other symptoms that have not been medically examined, such as diarrhoea.
- Please arrive on time and let us know in advance if you cannot attend a class. The facilitator will keep the steel door to the stairwell open until all participants have arrived so that you can enter our rooms contact-free.
- Before entering the class room please wash your hands carefully with soap (20-30 seconds) either in the restroom or in the kitchen sink. We will provide sufficient hand soap and paper towels. These can be disposed of contact-free in the open trash bins. Hand sanitizer will also be provided. Please follow the hygiene rules for sneezing and coughing. We ask you to dispose any diapers of your child in the container in the backyard
- We are obliged by the public health authorities to track class attendance by asking you to sign the form "Bestätigung zur Nachverfolgung" in every class that you attend. Your facilitator will provide the form in the beginning of each class. Please bring your own pencil. The data must be stored for 4 weeks in compliance with data protection regulations. After that, they will be properly destroyed.
- The group size is set so that the minimum distance of 1.5 m can be maintained throughout the classes
- You must maintain a **minimum physical distance of 1.50 m to any other person** in order to protect your own and the other participants' health. This might require you to wait or to let other people pass by while maintaining that distance. Any physical contact has to be avoided by all means – unless you live in the same household.
- Your facilitator will prepare your spot with cushions and/or mats by keeping the safety distance. Please do not change this setup. Please bring your own blanket or large towel (1x2 m) in order to cover your seat. Please bring your own drinks.



- Body contact is to be avoided at all times. Our classes will not offer any exercises that invite physical contact with another person outside of your own household.
- As it is not allowed to gather in groups before or after your class. Please leave the class room and building immediately after class, wearing a mask and keeping the safety distance. If you want to spend time with your class mates, please arrange for private meet-ups.
- We do make sure to clean all material used in our classes carefully and regularly. We have restricted the amount of material per class to ensure proper cleaning of each item used. Particularly for our parent-child classes we make sure to meet the highest hygiene standards. No material will be handed over to the next group. Every group will have their own materials which will be adequately cleaned after every single class.

We hope that these guidelines enable us to offer our classes in a smooth and reliable way.

Important note: Participation in our classes is at your own responsibility. The Center does not assume any liability.

Last Update: 17.03.2021