



Protection Plan

Covid-19

PROTECTIVE MEASURES PUT IN PLACE FOR THE REOPENING OF THE FITNESS CENTRE ACCORDING TO THE RECOMMENDATIONS OF THE SFGV (SWISS FEDERATION OF FITNESS AND HEALTH CENTRES)

PLAN TO REOPEN THE FITNESS CENTER WITH RESPECT TO HEALTH MEASURES

Since its closing down on March 16th, 2020 based on **Ordinance 2 Covid-19**, FYtness has established in anticipation of its reopening, a health plan integrating the measures enacted by the authorities and based on the "Protection Plan for the Fitness Industry" established on 15 April 2020 by the SFGV or Swiss Federation of Fitness and Health Centres.

Background

FYtness, which is one of the activities of the Sport & Accommodation sector of UCG, closed its doors on Monday March 16th, 2020 due to the Covid-19 pandemic.

In response to the Federal Directives of April 29th, 2020, FYtness decided to reopen its doors on next May 11th, 2020. However, to comply with the new health standards currently in force, restrictions will be apply.

Purpose of the measures

These measures are aimed to protect our subscribers. They are also intended to provide the best possible protection for vulnerable people.

Legal basis

SR 818.101.24 Ordinance 2 COVID-19 (Chapter 3, art. 6a)

CORE PRINCIPLES

1. Personal Hygiene

- All users are required to wash their hands in the changing rooms before entering the fitness center.
- All users must disinfect all equipment BEFORE and AFTER use.
- A distributor of hydro-alcoholic gel is installed in the room, under the central board to hang your fitness card. It is strongly recommended to use it regularly, especially when using free weights.
- Also, you have to come with covering clothes (no tank tops), a TOWEL and CLEAN shoes (not used outside).
- After training, it is preferable to wash yourself at home, rather than using the shower in the changing room, although it is cleaned daily.
- **If you experience symptoms of cough, fever, headache or breathing difficulties, you have stay at home.**

2. Cleaning of premises and equipment

- Machines, surfaces and objects will be cleaned and disinfected daily, and the room will be ventilated to the same extent.
- The changing rooms will also be cleaned every day except weekends.

3. Distance and time

- The Confederation recommends 1 person per 10 m², which is why **only a maximum of 10 people will be allowed in the room at the same time**. We ask you to make sure that this number is respected, regular checks will be carried out.
- As far as possible, each subscriber must keep a minimum distance of two meters from other users. Therefore we ask you to use one device on two for cardio and weight training.
- Subscribers will be asked to use their training time as best as possible, in order to give others, the opportunity to train. This also helps to avoid the gathering of people in or in front of the premises.

4. Subscriptions

- All active subscriptions will be extended from March 16, 2020 to May 11, 2020, the equivalent of a maximum of 8 weeks. No exceptions will be possible.
- **No new subscriptions will be possible until further notice.**

CRISIS PLAN: RISK AND CASES OF COVID-19

If after your training, you or another subscriber presents symptoms such as:

- Coughing
- Sore throat
- Muscle aches and pains
- Loss of taste and/or sense of smell
- Difficulty breathing and shortness of breath
- With or without fever

The FYtness management must be notified, either directly at the reception desk or by calling 022 328 12 03 (Mon-Fri 8:30 am -12 pm / 6-8:30 pm) or by email: foyer@ucg.ch

It is recommended that the subscriber, as well as people who have been in the room at the same time, go to a sampling center to carry out a screening test if possible or call the Covicall green line 0800 909 400

If the case is found to be positive, the subscriber (s) should not come back to FYtness until the symptoms have completely disappeared and within a period of at least 15 days.

If the screening was not possible, the auto-quarantine will be requested, and the subscriber will have to wait at least 15 days before returning to FYtness.

In any case, if there are respiratory difficulties or the general condition is pejorative, contact 144 and follow the recommendations of the services in question.

Services of Cantonal Doctor will have to be notified of the situation (in case of proven screening).

Unless otherwise advised by the Cantonal doctor, FYtness will remain open.

Any breach of these conditions will result in permanent exclusion from the FYtness.

This situation is new and difficult for everyone. Thank you for your cooperation and understanding!

Take care of yourself and your loved ones, keep on training and we will see ourselves in top shape after this !

The Management