

The most important in a nutshell - a short schedule

General

Since 23.08.2021 we have the enacted "3G detection requirement".

With an incidence of 0 to 35, the presentation of a test is not necessary.

Children under 6 years of age, as well as children of school age - **6 years and older** - are **exempt from the testing requirement**.

The following "3G evidence" can be provided:

- A negative test result:
 - PCR test - must not be older than 48 hours.
 - Rapid antigen tests - must not be older than 24 hours.
- a self-test is not permitted

For **vaccinated** as well as **recovered** persons no test proof is required, here the following regulation applies:

- Persons are considered vaccinated if they have been fully vaccinated against COVID-19 with a vaccine licensed in the European Union, have proof of vaccination or in an electronic document, and at least 14 days have passed since the final vaccination.
- Individuals are considered recovered if they have evidence regarding the presence of prior SARS-CoV-2 coronavirus infection in or in an electronic document, if the underlying testing was done by PCR method and at least 28 days, but no more than 6 months, have passed.

- FFP2 or surgical mask for individuals 14 years of age and older and mouth-to-nose mask for children 6 to 14 years of age must be donned prior to entering the building and worn in the entry area as well as in the locker room
- The distance of 1.5 meters is to be kept during the entire stay in the bathroom
- Consumption of food is not permitted in the entire premises
- Beverages may be brought in your own bottles. Please do not use glass bottles and "sticky" drinks
- Only people who have booked a class for that day and time are allowed on the Aqua & Soul premises.
- Only ONE accompanying person per child (if possible always the same person from the same household).
- Siblings are also not allowed to enter the rooms.
- Strollers may not be brought into the premises.
- Exclusion from the course and denial of entry to the Aqua & Soul premises applies to the following persons:
 - Persons with confirmed SARS-CoV-2 infection.
 - Persons with contact with COVID-19 cases in the past 14 days.
 - Persons who are subject to quarantine measures
 - persons with nonspecific general symptoms and respiratory symptoms of any severity (such as dyspnea, cough, rhinitis) or symptoms specific for SARS-CoV-2 infection (loss of sense of smell or taste)

Preparation at home.

- ● To facilitate changing, bathing suits can be put on while still at home
- Please leave valuables at home - there is currently no way to lock them up
- Please bring your own hair dryer

Arrival

- Arrive no earlier than 15 minutes before the start of the course, but no later than 5 minutes before the start of the course to avoid unnecessary encounters with the previous group
- Disinfect hands after entering.
- Place street shoes in the marked areas and exchange them for bathing shoes
- Follow signs to locker rooms -> locker room areas are marked by course times and free spaces are marked -> all locker rooms are family locker rooms, thus no separate locker rooms for men and women
- Take valuables and towel into the bathroom in a bag.

Course schedule

- The course instructor will meet you in the locker rooms and escort you to your seats in the bathroom
- A short shower before the class is possible.
- Aids (water wings, boards, noodles, watering cans, etc.) are ready for you at assigned places. -> These are disinfected by us with chlorinated water before each lesson.

After the course

- The course instructor will accompany you back to your changing places.
- A short shower after the course lesson is possible
- Hair dryers may only be used in designated areas
- Leave the premises within 15 minutes of the end of the course.

Notes specifically for our children's swimming classes

- Wearing of masks during the entire stay in the entrance area as well as in the locker room is mandatory
- We recommend, if possible, to spend the waiting time during the course outside our premises.
- It is not possible to watch the course in the swimming hall.