

COVID-19 Safety regulations

Training grounds Schöneben

The following points must be adhered to when using the training grounds:

1. Keep your distance

Keep a minimum of **2 meters distance** to other people - during the training, but also during preliminary discussions and debriefing as well as breaks.

2. Face masks

We recommend wearing an **FFP2 mask** without an exhalation valve during the entire stay on the training grounds!

3. Hygiene measures

- Wash your hands on a regular basis
- Cover your mouth and nose with your elbow when coughing or sneezing
- Don't touch your face

4. Stay at home when you are feeling unwell

Stay at home, even if you only feel slightly sick. Also stay at home, if people who you have close contact with or live in the same household as you, are sick.

5. Staying on the training grounds is only permitted during the course.

6. It is recommended to use only a few training tools

- For example, dumbbell, dummies or similar tools
- These tools should be kept in a bag, when not being used.

The person listed in the registration is liable for meeting these regulations. The IRO reserves the right to oppose the use of the training grounds in case suspicion of contravention arises. Moreover, the regulations of the "IRO Safety Note and Exclusion of Liability" apply and have to be confirmed at registration.

Each participant is responsible to inform himself/herself about current safety measures and behaviour rules.