

University Sports Centre (USZ) Hygiene Plan Outline
Regulations to prevent the spread of infection during individual sports activities and university sports courses on the outdoor facilities of the Falkenburg Sports Field

In addition to the Bauhaus-Universität Weimar Hygiene Plan Outline, the USZ is enforcing the following guidelines:

1. Sports courses and meeting points for all course participants **may only take place outdoors** (outdoor sports facilities, parks, etc.) Meeting points for sports courses will be determined by the responsible trainer who will inform participants. Course participants are advised to arrive no more than 5 minutes before the start of the course in compliance with social distancing regulations. Participants should arrive in their sports attire and with an »empty« bladder. Participants must vacate the sports area immediately after the course.
2. Online registration is mandatory for course participation. By registering for a course, participants agree to our hygiene and distancing regulations. Anyone who is not registered for a course may not participate. By registering for a course online, participants agree to the storage of personal data which, if requested by the responsible health authorities, may be used as a source of information. An attendance list will be kept for each course.
3. The use of changing rooms or washrooms in the sports facilities or adjacent buildings is prohibited. Hand washing and the use of toilets is not possible.
4. All hygiene and distancing regulations must be observed during sports activities. This includes arriving at and leaving the activity. Special attention must be paid to the following regulations:
 - Wearing mouth and nose coverings or scarves that cover the mouth and nose is accepted. Wearing a mask during outdoor activities is not required.

- Participants are responsible for bringing their own masks.
 - Greetings must be adapted to adhere to distancing regulations (hugging or hand shaking is not permitted).
 - Participants must avoid touching their faces, especially mucous membranes (mouth, eyes, nose), with their hands.
 - Participants are responsible for bringing their own drinks. The sharing of drinks is not permitted.
 - Cough and sneeze into the crook of the elbow. Turn away from others and keep a sufficient distance from others when coughing or sneezing.
 - Keep a distance of at least 2m from others. In certain training situations, the minimum distance may be increased. The trainer will inform participants in these situations. The distance may be increased to up to 20m in running groups or units, for example. In the case of fitness courses and courses with designated exercise areas, there must be a distance of 4m between participants.
 - In the case of narrow entrance and exit areas, special consideration must be given to ensure the necessary distancing is observed.
5. **Movement zones/areas** must be limited and, if necessary, marked during exercises. All participants must adhere to these regulations.
6. The number of participants in each course is limited and the course content and conditions are taken into account.
7. Courses are only open to participants who are healthy and fit and are not open to those belonging to risk-groups. Anyone experiencing one or more of the following symptoms may not attend the courses:
- Fever, coughing, runny nose
 - Sore throat, body aches, headaches
 - Difficulty breathing
 - Nausea or vomiting
 - Diarrhoea
 - Loss of the sense of taste or smell

In the case of known contact with an infected person, participation in sports activities is prohibited for the quarantine period of 14 days.

8. Those wishing to make individual use of the sports facilities must bring their **own equipment** (jump rope, ball, mat, etc.). Borrowing or exchanging sports equipment is not permitted. Bringing your own hand towel is recommended. Sports materials, railings and fixed gymnastics equipment used in sports courses will be cleaned by the USZ after individual use. The use of gloves is recommended and, in certain cases, mandatory.
9. Weather permitting, groups courses will take place. In cases of poor weather (rain, heavy fog without wind), the minimum distance between participants may be increased.
10. **Sports courses** are to be conducted at a **moderate intensity**. **Choosing to do basic exercises** can minimize the risk of injury and overexertion.
11. Sports courses will only be conducted by **qualified trainers and course instructors**.
12. Data protection information Participants in UniSport agree to adhere to the following regulations: The data collected during course registration may be provided to local health authorities upon request (contact tracing).

»Practice social distancing and stay active and moving in the fresh air«