



## **Correct and safe training at CampusVital**

*During the current corona pandemic, the following special rules apply for on-site courses and training in the sports studio:*

- Please only train when you feel healthy
- Changing rooms and showers are still partially closed. If possible, please come in sports clothing and wear separate sneakers to enter the training rooms
- Please bring your own large towel for training
- Wearing a mask is voluntary, but keeping a distance from other people is mandatory
- Please wash your hands regularly and very carefully and make sure that you only cough or sneeze in the crook of your arm
- Online booking is required to participate in courses
- Training in the sports studio can be done without booking. However, a maximum of four people may train in the studio at the same time
- Sweat-inducing, high-intensity training or circuit training may not be carried out at the moment
- Please ventilate the rooms regularly and extensively
- Please clean used equipment and mats thoroughly after exercising