General requirements:

- Health is the basic requirement – for both the course instructor and the participants.
- In order to avoid infections as much as possible, it is necessary that both the instructor and the participants are healthy. Persons with symptoms of illness or persons in quarantine are not allowed to participate.
- The hygiene regulations to protect an infection (e.g. hand hygiene, coughing and sneezing etiquette, wearing a mouth and nose cover, not touching other people) apply to all users.

Hygiene and distance rules:

- At several locations (see Annex) in the entrance and course area, course instructors and participants are made aware of the hygiene and distance rules by information posters of the University of Bonn (see Annex 1).

- Washing your hands is possible in all sports facilities in the designated areas (see Annex 2) and in the toilets as well.

- Mobile disinfection stations will be set up in the main entrance and in the entrance areas of the course rooms so that the participants and instructors have the opportunity to disinfect their hands when entering the building (see Annex 1-4).

- The number of participants plus instructors in the listed sports facilities is limited in compliance with the distance rules:
  - Kursraum 2 VE (0.016) max. 6 persons
  - Gym VE (0.030) max. 20 persons
  - TH VE (U1.026) max. 67 persons

- Markings on the floor in the halls ensure to keep the distance.

- The compliance with the distance rules and hygiene regulations will be monitored by the hall attendants, the sports supervisor or the course instructors.
Hygiene and safety concepts for university sports facilities in protected operation

Contact-Tracing:

- In order to ensure contact tracing, every participant has to register online via the university sports website where all personal information will be stored. The daily course lists are available in the course room and are checked by the instructors at each course date.

The use of training materials/ ventilation:

- The participants bring their own mats to the courses where mats are needed.
- Used training materials must be thoroughly cleaned with a cleaning agent (soap solution) after the course unit – organized and controlled by the instructors.
- The course rooms have to be adequately ventilated.
- The instructors are instructed on the hygiene measures and behavioural recommendations once and if necessary repeated as required. In doing so, the rules of distance must be observed. If available, electronic communication channels are used for instruction (e.g. e-mail, telephone, video conference) and is documented.

Admission rules:

- Any queuing before entering the sports facility must be avoided. The necessary safety distance of 1,5 metres between every single person must be maintained. Markings on the floor are used for orientation.
- Transport routes will be modified as necessary (see Annex 2-4). Participants are requested to use the entrance and exit not in parallel but on after another and to keep the distance as well.
Hygiene and safety concepts for university sports facilities in protected operation

Behaviour in the course room:

- Every participant and instructor has to wear a mouth and nose cover when entering the sports facility, which can be removed during the course. Persons without a mouth and nose cover are not allowed to enter the sports facility.

- The hall attendants, sports supervisors and course instructors are requested to ask every participant to comply with the regulations.

Sanitary facilities

- The distance rules must be observed. In every sanitary room, the hygiene and distance rules are pointed out again on the posters of the University of Bonn (see Annex 1).

- The participants and instructors are requested via a sign to use the area of the washbasin and the urinals only one at a time to keep the distance rules. The signs will be placed in all sanitary rooms and their entrance doors.

- Sanitary rooms will be cleaned at least every working day. In case of high frequency of use, the cleaning interval must be adjusted.

- Showers are closed.
ACTUALLY INFORMATION FROM THE RECTORATE ON INFECTIOUS PROTECTION DURING SAFE OPERATIONS MODE

**Further still applies:**

- **Stay at home when feeling unwell!**
- **Avoid crowds!**
- **Maintain cough hygiene!**
- **Wash your hands carefully!**

**Important:**

- **Stay alert!**
  - Proper use of the coronavirus-related hygiene regulations as well as the current information from the federal government, the state of North Rhine-Westphalia and the Robert Koch Institute (RKI).

- **Wear a mouth and nose cover!**
  - Mouth and nose covers are mandatory in all buildings of the University if you are on site in the room, so protection is ensured.

- **Maintain at least 1.5 m distance!**
  - Viruses spread especially where people get close to each other. For this reason, avoid close physical contact with those around you, including shaking hands.

**If possible, work from home!**

- If you need support regarding online technology, internet or e-learning, refer to further information and contact details on the University website.

**When you arrive at the University:**

- **In single offices:**
  - People can stay in a single office.

- **In two or more persons:**
  - Two or more persons must observe social distancing rules. If there are no social distancing regulations, at least 1.5 meters must be maintained.

- **Ventilation:**
  - Offices must be aired every hour, at least 20 minutes.

- **Libraries, thesis defenses, and laboratories:**
  - Additional protective regulations apply to libraries, exams requiring physical attendance and use of laboratories. Please inform yourself about applicable regulations on site.
Universitätssportanlage Nachtigallenweg 86

Waschmöglichkeit (Wasserhahn, Seife, Papierhandtücher, Abfallbehälter)

- Lautparcours (Länge: 1244 m pro Runde)
- Lautparcours (Länge: 978 m pro Runde)

1. Basketballfeld, RPL VE
2. Beachvolleyballplätze, BEACH VE
3. Gymnastiksaal, GYM VE
4. Hartplatz, HPL VE
5. Hochschultorporte, BÜRO VE
6. Krafttraining, KRVE
7. Kursraum, KORS VE
8. Mehrgeschoßplatz, MZP VE
9. Outdoor Fitnessparcours, OUTFIT VE
10. Rasenplatz 1, RPL 1 VE
11. Rasenplatz 2, RPL 2 VE
12. Stadion, STA VE
13. Seminarien, SEM VE
14. Tennispässe 1-4, TPL VE
15. Turnhalle, TH VE
16. Kursraum 2
17. Lehrerwimmbecken
18. START Crosslauf
19. Bogenschießen
20. Socker-Box
ANNEX 3, upper floor (Kursraum 2 VE, Gym VE)
ANNEX 4, lower floor (Turnhalle VE)
ANNEX 5, route descriptions

Route description Kursraum 2 VE

- Before entering the sports facility, the participants have to wash their hands at a designated station. It is compulsory to wear a mouth and nose cover in the building.
- The entry is recorded by a barcode and controlled by a turnstile.
- After passing the turnstile, go right across the hall.
- When you reach the end of the corridor, turn left and follow the signs into the room.
- In the room, the participants spread out on the floor according to the markings. During the course the mouth and nose cover can be removed.
- After the course, participants leave the room and take the stairs on the left to the lower floor.
- Then follow the corridor and use the stairs to get back to the ground floor.
- Your leaving is recorded by the barcode again.
- After leaving the sports facility, participants are required to wash their hands.
- Entrance and exit only at fixed course times.
- The course times are staggered so that the participants of different courses do not meet each other.

Route description GYM VE

- Before entering the sports facility, the participants have to wash their hands at a designated station. It is compulsory to wear a mouth and nose cover in the building.
- The entry is recorded by a barcode and controlled by a turnstile.
- After passing the turnstile, go right across the hall.
- When you reach the end of the corridor, turn right and follow the signs into the room.
- In the room, the participants spread out on the floor according to the markings. During the course the mouth and nose cover can be removed.
- After the course, participants leave the room and take the stairs to the lower floor.
- Then follow the corridor and use the stairs to get back to the ground floor.
ANNEX 5, route descriptions

- Your leaving is recorded by the barcode again.
- After leaving the sports facility, participants are required to wash their hands.
- Entrance and exit only at fixed course times.
- The course times are staggered so that the participants of different courses do not meet each other.

Route description Turnhalle VE

- Before entering the sports facility, the participants have to wash their hands at a designated station. It is compulsory to wear a mouth and nose cover in the building.
- The entry is recorded by a barcode and controlled by a turnstile.
- After passing the turnstile, go right across the hall.
- Follow the stairs to get to the lower floor.
- Follow the signs through the men’s changing room to get to the room.
- In the room, the participants spread out on the floor according to the markings. During the course the mouth and nose cover can be removed.
- After the course, participants leave the room through the ladies’ changing room.
- Then take the stairs to get to the ground floor.
- Your leaving is recorded by the barcode again.
- After leaving the sports facility, participants are required to wash their hands.
- Entrance and exit only at fixed course times.
- The course times are staggered so that the participants of different courses do not meet each other.

Route description Außenanlagen

- Before entering the sports facility, the participants have to wash their hands at a designated station. It is compulsory to wear a mouth and nose cover in the building.
- The entry is recorded by a barcode and controlled by a turnstile.
- After passing the turnstile, go right across the hall.
- Follow the stairs to get to the lower floor.
- Via the door on your left you get outside.
ANNEX 5, route descriptions

- After finishing the sports activity, the participants enter the building again through the same door. Now follow the corridor and use the stairs to get to the ground floor.
- Your leaving is recorded by the barcode again.
- After leaving the sports facility, participants are required to wash their hands.
- Entrance and exit only at fixed times.
- The times are staggered so that the participants of different courses do not meet each other.