

COVID-19 Precautionary Measures

Luke Rennie – Personal Training & Boot Camps

Introduction

The Swiss Personal Trainer Association (SPTV) issued a “COVID-19-Schutzkonzept” recommendation for personal trainers on 29th April 2020. The following precautionary measures are based on the precautionary measures recommended by SPTV and summarizes the relevant measures for Luke Rennie – Personal Training & Boot Camps in particular.

1. Security and protection-related customer selection

- 1.1. In accordance with Article 10b of the COVID-19 Ordinance 2, personal training with people in the high-risk category is not permitted.
 - 1.1.1. Persons at high risk are persons aged 65 and over or persons suffering from any of the following diseases in particular: high blood pressure, diabetes, cardio-vascular diseases, chronic respiratory diseases, diseases and treatments that weaken the immune system, cancer.
 - 1.1.2. See [Annex 6](#) of the COVID 19 regulation.
- 1.2. Personal training must not be carried out with customers who show symptoms of illness. Customers are advised to follow the instructions of the Federal Office of Public Health (BAG) for clarifying the disease and possible self-isolation.
- 1.3. If a personal trainer shows symptoms of illness, all appointments will be canceled or carried out online and the Federal Office of Public Health's instructions for clarifying the disease and possible self-isolation will be followed.

2. Requirements for the execution of training

- 2.1. If possible, customers will travel to the training location by their own vehicle (car, motorcycle, bicycle) or by foot. Avoid public transport.
- 2.2. The personal trainer cleans his hands with water and soap or with hand disinfectant before and after each training.
- 2.3. A safety distance between trainer and customer of at least 2 meters must always be maintained.
- 2.4. Training instructions and coaching inputs may only be given verbally, if necessary, with visual and acoustic support.
- 2.5. At no time during the training will physical contact be made with the customer.
- 2.6. No material sharing is allowed when using training equipment.
- 2.7. Any training equipment used will be disinfected by the personal trainer before starting and after the end of the personal training.

3. Outdoor personal training (outdoor training)

- 3.1. All general guidelines for the conduct of training must be observed.
- 3.2. The training location must be chosen in such a way that no third parties are in the immediate vicinity of the customer and their personal trainer.
- 3.3. The personal trainer must carry disinfectant in order to be able to disinfect possible sources of infection, his own hands as well as the hands of the customer - adapted to the training environment.
- 3.4. Customers have to bring their own mat / towel. Where available, customers should bring their own suspension trainer and resistance bands.

4. Personal training on the trainer's premises (studio)

- 4.1. All general guidelines for the conduct of training must be observed.
- 4.2. Changing rooms and wet rooms remain closed.
- 4.3. The customer must already appear in training clothing.
- 4.4. Toilets are accessible in an emergency, but must be cleaned regularly.
- 4.5. Door handles, toilets, seating and comparable sources of infection must be disinfected before and after training.
- 4.6. The personal trainer has to set the customer appointments in such a way that there is enough time for cleaning between the appointments.
- 4.7. The customer may arrive a maximum of 5 minutes before the start of the training.
- 4.8. Avoid handling waste when disposing of waste. Gloves should also be used for this purpose and disposed of immediately after use. Waste bins must be covered with a lid or door. They have to be emptied regularly and garbage bags must not be squeezed.
- 4.9. The training room must be regularly aired out (at least 6 times a day for 10 minutes).

