

## Guidelines in studifIT Lührmann and in studifIT VSP

- If you are a part of the risk group or you have symptoms of illness, stay at home
- Disinfect your hands at the entrance before entering the studio
- Before entering the studio, change your shoes in the anteroom (entrance area)  
→ Jogging shoes are not gym shoes even if they are sports shoes
- The fitness, weight and changing rooms may only be entered with clean sports shoes or socks (not barefoot)
- Show the trainer your booking ticket (digital / print) and student ID / employee ID
- If your identity card is no longer legible, you are obliged to identify yourself (via Löwenapp, you can call up your student card (screenshot) or bring your matriculation certificate of the current semester)
- Changing rooms and showers are open, please keep 1,5 m space between you and others
- Note the walking directions (markings on the ground)
- Bring your own water bottle
- training with training gloves is optional
- Always put your own towel (in the appropriate size) underneath
- Clean / disinfect the contact surfaces independently after using the training equipment → Put the additional weight for training back into the red boxes
- Do not train on closed down equipment, in the free barbell area and on the wall bars
- Do not open or close windows, this is done exclusively by our trainers
- Keep at least 1.5m distance from other people
- max. 8 persons in SFL and 2 persons in VSP may stay in the free weight area → max. duration of the stay in the free weight area with respect to the other person
- A maximum of 1 person can be in the marked sectors
- No rental of equipment (foam rolls, Thera - bands, sling trainers etc.)
- Cough / sneeze in the crook of your arm and refrain from shaking hands and body contact
- Avoid high-intensity training –supporting help is not allowed  
→ no exceptions for WG residents, cohabitation
- Wearing a mask is recommended if the distance of 1.5m cannot be guaranteed
- -The trainers/exercise instructors are obliged to wear masks during the initial instruction/communication with the trainee
- -the trainee has a mask with him/her for the initial instruction, which he/she must put on if necessary, since no intensive activity is required
- Instructions of the personnel are to be followed, violations lead to exclusion from the course
- Translated with [www.DeepL.com/Translator](http://www.DeepL.com/Translator) (free version)
- Instructions from the staff must be followed, violations lead to the exclusion of the course