

General information

Expectations include the following:

- Please cough/ sneeze into the crook of your arm and avoid shaking hands and physical contact.
- Please stay home if you have symptoms of illness or belong to a high-risk group.
- Exercise Instructors are also required to wear a mask.
- For the initial instruction we recommended a medical mouth-nose-protection.
- Instructions of the personal need to be followed, violations lead to exclusion from the course.
- All members are obliged to follow the instructions as described, any violation of these will lead to exclusion from the course.
- Should a positive result come up afterwards, you must report it immediately to the USZ under the following number 0345-5524431. The USZ will then inform all course participants.

Before training:

- Please enter the sports facility only for your training.
- Disinfect your hands at the entrance before entering the studio.
- Change your shoes before entering the studio. Jogging shoes are no gym shoes, even if they are sports shoes.
- If possible, avoid using the locker rooms and come to the gym dressed (except when changing shoes).
- Note: Depending on size, there can only be a minimum number of people in the locker rooms/ showers at the same time. Wearing a medical mouth-nose we recommended inside the locker room.
- Please ensure to bring your own personalized water bottle and a large towel as well.
- Access is via the turnstile with finger scan.
- Upon entry, please show the trainer your booking ticket (digital or print) and student ID/ employee ID.
- If your identify card is expired, you can identify yourself by a screenshot of your student card via Löwenapp or bring your student matriculation certificate of the current semester with you.

During the training:

- Always and everywhere put a sufficiently large towel underneath. A large towel underneath should always be used.
- Clean/ disinfect the contact surfaces independently after using the training equipment.
- Return the weight for training back into the red boxes.