

# Guidelines Reopening AAU Fitness

## Max. capacity: 38 people

1. To enter the Gym you need a valid (72 hours) Corona pas and ID
2. Guards can at all times demand to check your valid corona pas and ID
3. You are not allowed in the gym if the number of people exceeds the above number. Wait until a person leaves the gym, then you can enter. Independent restrictions have been put up on the doors to the group classes.
4. One person per 4 m<sup>2</sup> of floor space is allowed, so its your own responsibility that you keep two meters to any person in the gym.
5. Yoga and exercise mats, sandbags and boxing gloves are removed due to recommendations from the Danish Health Authorities. We encourage to bring your own equipment if this is to be used for training.
6. To the extent that exercise equipment is nevertheless used, they should be cleaned after use, and users should have extra focus on hand hygiene. In cases where exercise equipment cannot be meaningfully dispensed during the activity, hands (the bodily contact point) are continuously dispensed. For example, hands should be disinfected when using fitness equipment before and after a session.

**USE HAND SANITIZER AND SPRAY FOR EQUIPMENT – ALL PRESENT IN THE GYM**

7. Extra ventilation and cleaning should be performed as part of daily operations with frequent disinfection of touch surfaces such as door handles, card readers, taps and exercise equipment and machines. NB!! Users should help with this during your time in the gym.
8. For training equipment and machines, contact surfaces should be disinfected between each use. This can be done appropriately by the users themselves.
9. We are all highly dependent on all users follow the general recommendations from the Danish Health Authorities:
  - i. Wash your hands frequently
  - ii. Cough or sneeze in your sleeve
  - iii. Keep distance
  - iv. Stay home if you feel sick

Best Regards  
Health Group