

Hygiene rules for courses

Dear participant,

The easing of the massive restrictions on access and contact during the Corona pandemic has made it possible for adult education centers to run classroom courses again. In order not to jeopardize the successes achieved in combating the pandemic and the opening of our institution in this difficult time, it is imperative that basic hygiene rules be observed. They are based on the guidelines of the Bavarian Adult Education Association (bvj) and the Robert Koch Institute (RKI) and apply to lecturers and participants as well as vhs staff.

General rules

- Good hand hygiene: Hands should be washed regularly with soap for 20 - 30 seconds.
- Coughing and sneezing etiquette: Cough or sneeze into the crook of your arm or into a handkerchief. The handkerchief must then be disposed of.
- Keep your distance: A minimum distance of 1.5 m must be maintained between all persons.
- Mouth and nose coverings: Mouth and nose must be covered by masks, scarves etc. when entering the vhs building and when going to the toilet.
- Keep hands away from face: Avoid touching eyes, nose and mouth.
- No physical contact: Shaking hands and hugging is to be avoided.
- (Corona specific) signs of disease: In case of fever, dry cough, breathing problems, loss of sense of taste/odor, sore throat, aching limbs, nausea/vomiting, diarrhea, the affected person must stay at home.

Course implementation

- Entering and leaving a room: Participants may only enter or leave the course room individually (one after the other), observing the minimum distance of 1.5 m.
- Number of participants: Only the maximum number of participants allowed in the course may enter the course room.

- Mouth and nose covering: Although there is no general obligation to wear a mouth and nose mask during school lessons, it is recommended.
- Work equipment: Computers, tablets and small devices must not be shared.
- Ventilation: The course room must be ventilated regularly (at least 10 minutes per full hour).

Sanitary facilities and common areas

- Toilets: The participants are only allowed to go to the toilet individually and are instructed to use the disinfectants available there.
- Showers and changing rooms: These rooms may not be used. Participants are requested to change their clothes at home.
- Participants must also observe the rules of hygiene and distance during breaks.

After the course

- Ventilation: After the course, the room must be ventilated by opening the doors and windows.
- Disinfection: Used objects such as tables, PC keyboards, yoga mats, etc. must be disinfected after the course.

If personal health risks exist in connection with the participation in an event, you are obliged to explicitly inform the Volkshochschule of these risks before the event begins. Please take the opportunity to get advice from the vhs Traunreut before registering for an event!