



TRANSLATION OF CZECH CHAMBER OF FITNESS GUIDANCE 24TH APRIL 2020

1. Capacity restrictions - 1 person/10m² . For this purpose, it is necessary to recalculate the active exercise area and regulate the number of visits.
2. Lock rooms and showers closed - here we are still trying to use the possibility for storing personal belongings (shoes and bags)
3. Contactless payment
4. Wearing a facemask during exercise
5. Staff must use protective equipment (receptionists, PTs, instructors).
6. Disinfection of exercise equipment after each client
7. Disinfection of common areas
8. Provide customer with disinfection. Mandatory hand disinfection before and at the end of exercise.
9. Prefer personal exercise mats
10. It is possible to sell packaged drinks and packaged food supplements only.
11. Use air conditioning with separate air supply and exhaust. If air conditioning is not available, it is recommended to use air disinfection equipment and combine it with regular ventilation.
12. Individual trainings 1:1 allowed
13. Stationary group exercises without personal contact allowed. Mark the training areas so that the required distance (2 m) between the individuals is maintained, the maximum capacity of 8 clients plus 1 instructor (yoga, spinning, etc.)
14. Adjust the time schedule so that cleaning, ventilation and disinfection is done between lessons.