



Security guidelines at the European Rolfing® Association e. V. (03.03.2021)

ERA encourages everyone to always consider others in your planning during this crisis and the period to follow. We all share responsibility for the well-being of each other and must act accordingly.

In order to ensure the safety of students, instructors, models and employees in the immediate vicinity, the following measures are mandatory, in addition to the usual hygiene practices.

General preparation

Please take notice of these Safety Guidelines in the common area:

- ✓ A PCR test or an antigen test is required for students, instructors and assistants. Please bring your result with you.
- ✓ A rapid test is then required every three days.
- ✓ Wearing a FFP2 mask is required at the ERA and needs to be changed daily!
- ✓ We will measure your temperature with the infrared thermometer every morning!
- ✓ The distance of 1.5 meters between individuals should be maintained in all common areas.
- ✓ No visitors may accompany individuals attending ERA for lessons.
- ✓ Please take off shoes in the entrance area, always wear socks or slippers (do not walk barefoot).
- ✓ Wash your hands thoroughly and use disinfection upon entering the building and before changing into lesson clothing; wash hands thoroughly upon finishing lessons and changing back into personal clothing.
- ✓ No physical contact between individuals when greeting or saying goodbye; all physical contact within ERA shall be restricted to physical contact during the lessons.
- ✓ A maximum of two people can be in the bathroom facility at the same time.
- ✓ Limited number of persons in common areas – 2 in kitchen area, 4 in meeting room, max 2 in waiting area, 1 in each bathroom, 1 in the entrance to maintain suitable distance (1.5m) from each other. Small islands, with a chair etc. for the change of clothes and to keep students' personal belongings, will be created in the small training room.
- ✓ Students/Instructors must bring two sets of clothing: one for personal use entering and leaving the building; and the other for use within the building during the lesson.



- ✓ Ensure everyone is wearing clothes for the lesson that can be washed as hot as possible, 60°C would be best. Lesson clothing should be changed into immediately upon entering the building and only worn in the building. Personal clothing should be worn to enter and leave the building and NOT while lingering within.
- ✓ Students/Instructors may bring only the minimum necessary supplies for each lesson and a plastic garbage bag in which to collect items used after each lesson.
- ✓ Avoid wearing any jewellery (finger rings, bracelets and watches) when attending ERA.
- ✓ Make sure your hair is tied up and cannot brush freely on the objects around you.
- ✓ Address all personal hygiene and care while at home (tooth brushing / nail clipping / similar).
- ✓ Use of items and food preparation in the kitchen area are not allowed. Refrigerator use is limited to items for consumption during the lesson day.
- ✓ Bring your own cup/drinking bottle and label clearly with your name; bring your own cutlery; use exclusively throughout the day.
- ✓ Plan snacks and meals in advance. Bring Finger food or ready-to-eat food in a box. There will be no microwave! Please have your breakfast outside, before you enter the training centre.
- ✓ An air sterilising device will be turned on during breaks in the community room.
- ✓ Minimize the use of paper - electronic distribution of learning materials, no handouts; students are encouraged not to bring their textbooks and only a notebook if needed. Writing materials are the responsibility of the student. ERA will not provide paper or pens for writing.
- ✓ Instructors get a personal bag with flipchart markers, only to use for them. Use your own pen and items.
- ✓ All individuals are responsible for observing the hygiene procedures in place by Bavarian health authorities. Following these practices while away from ERA will minimize risk to everyone.

Before/After class

- ✓ Minimize unnecessary physical contact throughout the building - common access areas to have door open at all times; classroom/office doors to be handled exclusively by instructors or office employees.



- ✓ Ventilate the lesson rooms thoroughly and regularly throughout the day; at least 10 minutes every hour and before, during and after the education time.
- ✓ Ventilate the community room before and after breaks for 10 minutes.
- ✓ Instructors are encouraged to teach techniques in prone, side-lying or seated positions where the direct face-to-face contact between individuals is minimized.
- ✓ Restrooms, changing and teaching areas will be cleaned thoroughly and disinfected. Any items left behind will be placed in closed garbage bags and students must request items that have been misplaced. ERA will not seek to identify the owner of materials left behind.

While at the training centre

- ✓ Individuals who want to wear a hygiene mask during lessons are encouraged to do so. The individual is responsible for supplying their masks for personal use.
- ✓ Individuals need to wear a FFP2 mask during sessions. The FFP2 mask needs to be changed every day.
- ✓ Individuals who wish to wear gloves during periods not involving direct touch are also encouraged to do so. Each individual is responsible for supplying their own gloves.
- ✓ Individuals who want to wear eye goggles can do so. The individual is responsible for supplying their personal use equipment.
- ✓ Use of personal electronic devices during the lesson day is restricted; these items shall remain in the individual's bags/backpacks and not be used during the lesson day. Hands must be washed after each use of a personal electronic device.

During the lesson

- ✓ Wearing a FFP2 mask is mandatory for all people in class if working on each other.
- ✓ Air sterilising devices are turned on all time.
- ✓ Ask your client again specifically about COVID_19 symptoms at the beginning of each lesson.
- ✓ Keep a distance of 1.5 meters during all non-touch portions of the lesson day.
- ✓ Depending on bodywork performed, use separate pads for each client. The sheets may only be used with one partner.



- ✓ For models: models bring their own blanket and bathrobe. Changing clothes for models will take place in the small training room. Models need to wear socks or house shoes/slippers.
- ✓ While working directly with others, advise students to speak only when necessary during the practicums/exchanges in order to minimize unnecessarily spreading aerosol droplets.
- ✓ During exchanges, limited physical contact to the techniques and bodywork being taught; do not touch your face or mask if using one.
- ✓ Plan enough time between student exchanges to minimize physical encounters and maintain the 1.5 meter distance when moving around.
- ✓ Work with only one partner during any exchange; if changing partners make sure all parties involved wash hands thoroughly and clean the equipment used before proceeding; make sure to change the sheets/pillows in use if working with a new partner. Limit partners during a lesson day to 2 people.
- ✓ When working in a supine (back) position, both individuals are encouraged to use facial protection (goggles, face mask) devices and to minimize time working in this position.
- ✓ Only two people are allowed at any table at one time; if providing clarification, the instructor must comply by allowing the 2nd student to observe from the designated 1.5m distance.
- ✓ Working surfaces (tables, stools, chairs) will be set up to ensure 1.5m distance between students while performing bodywork; if necessary, screens may be used to further separate and divide the working area to improve distancing while working.

After the lesson

- ✓ Wash your hands and arms (if necessary) thoroughly.
- ✓ Immediately ventilate the classroom.
- ✓ Above all, disinfect all smooth surfaces that were touched or used including tables, stools, pads, etc.
- ✓ Similarly clean any physical tools, or teaching materials used on sight.
- ✓ At home, clean any physical items used during a lesson, including notebooks and writing materials. Wash all clothing etc. used during a lesson immediately upon arrival as hot as possible, preferably at 60°C.