

Welcome to K3!

In this letter you will find all Corona rules of conduct and our hygiene concept. We ask you to read through everything and to ensure compliance together with us. We have developed this hygiene concept to protect you and all other people who are in the K3.

If you have any questions about the measures or need help, please contact Charlotte Pfungsten. (charlotte.pfungsten@kampnagel.de or +49 40 270 949 45).

General Information

1. The participation in the training is ONLY possible if you are fully vaccinated or recovered or if you provide us with a daily updated official corona test, which must be repeated daily. The test must not be older than 48 hours for PCR and 24 hours for antigen tests! We can NOT accept self-tests!
2. Before the start of the training we will check your corresponding "3G" proof. If this is not available, you can NOT participate in the training.
3. The minimum distance of 1,5m must be kept.
4. Please wash your hands thoroughly and regularly (20-30 seconds) and disinfect your hands before the training. A disinfectant dispenser is located at the entrance on the channel side.
5. Keep the cough and sneeze etiquette.
6. Medical masks (surgical masks or FFP2 masks) are mandatory throughout the building, including the dressing rooms. When you are at your place and the training starts, you can remove the mask ONLY if it is mandatory due to physical activity. The instructor may ask you to put on your mask and has the right to exclude you from the class.
7. If you feel ill or have symptoms during the week, please stay home. If you are in quarantine by the authorities, you will not be allowed to attend. If you have been in a high-risk area in the past week, we will ask you to provide certified, up-to-date proof of testing, even if you are fully vaccinated or recovered.

During the training

1. The trainings take place in pre-arranged groups. The having unannounced, new participants or accompanying persons is not allowed.
2. During the training the minimum distance is 2,5m.
3. K32, where the training takes place, has been divided by floor markings into 6 rectangles, which correspond to the given distance. Please stay only in your rectangle.
4. Wear your mask throughout, unless it is absolutely necessary to take it off for a short time due to the physical activity.
5. The room is equipped with ventilation that is activated by movement and draws better when the doors are closed. In addition, there is a CO2 measurement light. Should this light up red all persons must leave the room. Training may not continue until the light turns green.
6. Tactile corrections cannot take place.
7. Singing or extensive talking is not allowed during training for infection control reasons.
8. The ballet bars may not be used. If mats or other class equipment are needed for the workout, all participants must bring their own.

Before and after the training

1. Please arrive latest at 10:20am. We check vaccination and recovered certificates or the official daily tests of the participants before the training and we do not want any delay in the start of the training.
2. Course and training participants are not allowed to use the kitchen.
3. The dressing rooms and showers can be used in compliance with the maximum number of people. The maximum number of people is posted on the outside of the checkroom. We recommend that participants arrive already dressed to avoid crowding.
4. Toilets may be used. Here, too, masks are compulsory and the minimum distance of 1.5m must be observed.
5. Leave K3 only through the K3 door on the canal side.
6. If a participant seems to be sick, talk to them and ask them to go home and see a doctor if necessary. Please inform us if this happens.

Number of the medical on-call service: 116117