

Protection against Infection during Courses

Guide for instructors and course participants

Your name:

For your own protection and for the protection of all, we ask you to observe the following instructions!

With your signature you agree with these rules and assure to implement them without restrictions during your stay in the bouldering garden.

Since 15.11.21 the 2G rule applies: Please come Vaccinated or Recovered

- A proof of complete vaccination protection (digital vaccination certificate).
- A proof of sufficient immunization after recovery =.
 - If the infection occurred more than 6 months ago: Submission of positive PCR test with date (= time of infection) and submission of documentation of vaccination after 6 months: digital vaccination certificate.
 - If the infection occurred within the last 6 months: submit positive PCR test with date and submit negative test after de-isolation.

- If you feel ill, please sign out by sending an email to kurse@bouldergarten.de.
- Course participants: can make up the missed appointment in a later course block.
- At the moment masks are compulsory in the whole hall.
- Exception: when bouldering - i.e. on the wall - the mask may be removed.
- Wash your hands thoroughly immediately after arriving in the hall.
- For partner exercises, form a team with a second person for the entire course (one partner for all course dates!).
- This also applies to trainers, e.g. for demonstrating certain exercises.
- Please disinfect training equipment after use. Disinfectant and paper towels are available.
- Please keep a minimum distance of 1,50m to other bouldering guests.
- Please adhere to the general hygiene rules during your entire stay.

I have read and understood the rules for the protection against infection during a course and hereby assure that I will implement them without restriction..

Place, Date, Signature