



Safe gymnastics and joint prevention:

Exercise and sports can be performed in compliance with general hygiene regulations. The necessary measures are based on the guidelines of the Carinthian Education Department*, the Corona traffic light in the subject Movement and Sport** and the official official COVID-19 relaxation regulation***.

To be able to do gymnastics together for a long time we ask you to observe the following things and rules of conduct:

- We continuously inform about the current legal situation via our homepage: www.sportandfunindustry.at and the Whats App Groups.
- For our Action Heroes the large gym of the NMS Finkenstein is available. The windows are tilted, respectively a 100% fresh air supply is available in the winter months.
- Arriving persons (6 years and older) have to wear a mouth-and-nose protection (MNS) when entering the school building and have to pay attention to the minimum distance. A protective mask is mandatory in closed rooms, except for the sport itself.
- The MNS may only be removed in the gym.
- Persons who are not gymnasts are asked not to enter the building (except for Mini Action Heroes' escorts).
- Wash your hands! After entering the school facility, we ask everyone to wash their hands. Alternatively, hand disinfectant is also available.
- After gymnastics, when changing to the checkroom, we ask everyone to disinfect their hands again. (Disinfectant is provided).
- Our trainer team is equipped with MNS
- Children are requested to appear in their gym clothes to avoid a longer stay in the dressing rooms.
- When changing courses, we ask you to keep to the given times and to arrive at the entrance to the gym as soon as possible to avoid crowds.
 - **Kids Action Heroes: Start Wednesday 15:10-16:00**
 - From 3:00 p.m. the children come to the checkroom, wash their hands and disinfect.
 - 15:10 Admission to the gym
 - 16:00 - 16:05 Leaving the building
 - **Mini Action Heroes: Start Wednesday 16:15-17:05**
 - From 16:05 the children come to the checkroom, wash their hands and disinfect.
 - 16:15 Admission to the gym
 - 17:05 - 17:15 Leaving the building
- - Disinfectants for our Action Heroes are available and the equipment we use is cleaned and tidied up.
- - Lists of participants are kept.
- - Didactic tips: Adaptation of the gymnastics unit to the hygiene regulations and traffic light colors. Games will be designed in such a way that there will be no falling below the distance rule for a longer period of time (duels, group choreographies etc.).
- The gymnastics unit is also held outside if possible.
- Persons who show symptoms or feel ill are not allowed to participate in the sport.
- In addition to the measures listed above, each individual user must assume personal responsibility.

We are looking forward to you!

Hendi Rampazzo und sein Team

*COVID-19 Vorgaben der Bildungsdirektion Kärnten (<https://www.bildung-ktn.gv.at/covid-19.html>),

**Corona-Ampel im Unterrichtsfach Bewegung und Sport (<https://www.bmbwf.gv.at/Themen/schule/beratung/corona/coronaampel.html>)

***offizielle behördliche COVID-19-Lockerungsverordnung (<https://www.ris.bka.gv.at/GeltendeFassung.wxe?Abfrage=Bundesnormen&Gesetzesnummer=20011162>)