

COVID 19 – PROTECT YOURSELF AND OTHERS.

BEHAVIOUR RECOMMENDATIONS FOR ON-SITE / PRESENCE CLASSES

Version Students – 20.10.2020



1. General hygiene



Visitors, employees and students of the GSU suffering cough, cold, hoarseness, fever or other respiratory infections suspicious symptoms should **stay away from the GSU.**

If there are no other common symptoms apart from a **runny nose**, i.e. no cough, no fever, no disturbance of the sense of smell and/or taste (with a clear nose), the following applies: If possible, those affected should stay at home and avoid personal contact.

Persons with a Covid-19 infection or an acute suspicion of Covid-19 are generally not allowed to enter the campus of DSHS Cologne. **If you are uncertain, please contact your doctor (by telephone) for further clarification.**

1. General hygiene



Wash your hands – before and after attending events.
If washing your hands is not possible, disinfect your hands, please.



Do not touch your own **face** and /or the face of others.



Comply with the cough etiquette.



2. Standard behaviour



Continue to avoid personal contacts and meetings wherever **possible**.



Choose welcome rituals **without direct physical contact**. Reduce contact with other people **to the minimum necessary**.



Apply first aid measures as usual. Wear mouth-nose covers. In the case of cardiopulmonary resuscitation, breathing can be dispensed with; an adequate cardiac massage can be given without gloves if necessary.

2. Standard behaviour



Pregnant women are not permitted to carry out **activities that are open to the public.**



If you notice anything that should be changed or corrected for hygiene or health safety, please report this to your **teacher** or to our **mail hotline**:
wise2020-stud@dshs-koeln.de

Please report your proven infection with the coronavirus centrally via
covidtestpositiv@dshs-koeln.de (this does not apply if infection of others can be excluded).

3. Behaviour prior / during / after presence courses



Use entrances and exits in **one-way street mode** - follow the markings.



No more than 20 participants per activity course. Seminars and similar events no more than 15 person. Observe the maximum number of persons permitted in the halls/rooms (posted in front of the hall/room).



Keep a distance of **1.5 - 2.0 metres**.



3. Behaviour prior / during / after presence courses



In the buildings of the German Sport University Cologne, a mouth and nose cover must generally be worn, including at the work space. Exceptions: sports activities in the context of practical sports events.



Keep **contact times** with other people **as short as possible**.



In **absolutely necessary individual cases**, small groups with physical contact (2 to 4 students, in exceptional cases 5 to 6 students) can be formed. The students must be registered by name, the group cannot be changed during the course.

3. Behaviour prior / during / after presence courses



Disinfect all used equipment when changing the teaching group. This task can be delegated to the students, but must be controlled. If possible, avoid sharing equipment.



Join and leave: After the courses the students should leave the premises of the German Sport University Cologne as quickly as possible.



Ventilate rooms regularly (e.g. every 30-45 minutes, open windows and doors for 3-5 minutes).

4. Documentation and tracking



Your presence or absence is carefully documented. Instructions on hygiene and infection prevention must also be documented in the teacher's course book, as well as any other special occurrences or conspicuous features.

For any necessary contact, your complete contact details (name, telephone number, address) must be determined and presented by means of the matriculation number.

Your teacher will therefore ask you once at the beginning of the event for your consent to the use of your personal data (matriculation number, name, telephone number, address) for a necessary contact in case of an infection.