

# COVID-19 Trainings-Etiquette

### Personal protective equipment

- When staying in the training academy as well as in the course, it is mandatory to wear a MNS in case of non-compliance with 1.5m distance. You can get the mask at the course office.
- Certified MNS or FFP2 as well as self-test will be made available.
- Make sure you have sufficient carrying breaks.



### Distance

- Adhere to the AHA-L rules (distance, hygiene measures).
- Pay attention to access areas and restricted zones.
- Keep a **minimum distance of 1.5m** for personal protection.
- Ventilate at intervals of 30 minutes.



### Awareness

- Protect yourself, other participants, and the trainer.
- **In case you show flu-like symptoms, you will not be allowed to participate in our courses.**
- Please also note the current protection concepts of the respective branch



### Hygiene

- Wash your hands regularly.
- Follow hygiene instructions.
- Use disinfectant dispensers regularly.



### Organisation

- Do not swap devices or iPads with each other.
- Clean devices and iPads daily.



### Prevention

- Avoid taking unnecessary routes within the training center.
- Sneeze and cough into the crook of your arm or in a tissue and dispose of it.



### We care about each other!

- If you have any questions, please contact your trainer, the course office, or the head of the training academy.
- In the interest of all participants, report misconduct.
- **Thank you for your cooperation and stay healthy!**