

RULES RELATING TO COVID-19 TO BE FOLLOWED IN SCHOOL:

- ◆ If you don't feel well before the start of the course, phone us but stay at home.
- ◆ **Mandatory use of a FFP2 mask**, no cloth masks or bandanas are allowed.
- ◆ **Wash hands frequently** (minimum 30 seconds and whenever the teacher indicates it in class). In addition, the school has hand sanitizing liquid, but it is not a substitute for handwashing.
- ◆ The changing rooms are out of use, you have to **come to class in massage clothing directly**. Also you will be given a plastic bag to deposit all your belongings to prevent them from coming into contact with those of your colleagues.
- ◆ The room where we teach has **windows to the outside that will be permanently open** to facilitate adequate ventilation regardless of the outside temperature. We recommend that you bring warm clothing if the day is cold or you are cold.
- ◆ **You have to bring:**
 - a bottle of water, since we cannot serve tea
 - 2 big towels (the size: as tall as yourself)
 - 2 small towels (the size: as big as a bed pillow)
 - a pair of clean socks
- ◆ At the beginning of the course, the student will be required to sign a disclaimer "**Waiver of Liability**"
- ◆ If you have any problem with any of the rules indicated above, we ask you to postpone your participation in the course/s to another time when these rules are no longer necessary due to the total eradication of COVID-19.
- ◆ In addition to these exceptional standards, the usual hygiene rules of the school remain in force, which are:
 - Come freshly showered to the school: Thai massage is a physical exercise and ethics imposes to come fresh clean, you are not alone in the class! Also please do not use perfumes or strong colognes.
 - Bring each day fresh clean clothes: comfortable and warm sport/yoga clothes with long T-shirts (avoid tank tops) and long loose pants.
- ◆ **Before coming to the massage school, we are obliged to ask you the following questions. If your answer is yes to any of the below questions, we are obliged to ask you from refraining to our school:**
 1. Have you been diagnosed with COVID-19 the past 14 days?
 2. Did any of the people you have been in contact with during the last 14 days, have been diagnosed with COVID-19?
 3. Did you have any of the following symptoms during the last 14 days: fever (more than 38 Celcius), sneezing, coughing, pain in the throat, difficulty breathing or common cold?

It will be mandatory that you sign this document in the school with the acceptance of all the rules described above and willingly choose to participate in ITM Thai Hand Berlin activities.

Student's name

(Signature)

Date ____ / ____ / ____