

Measures and rules of conduct during the Corona pandemic

Dear Members

In order to be able to make the operation and training at the Novartis Fitness Center safe for all members despite the current Corona pandemic, the following rules apply in the center, which must be adhered to at all times:

General:

- The hygiene and behavioral rules prescribed by the BAG apply at all times in the Novartis Fitness Center. Particularly vulnerable people are responsible themselves for special arrangements for compliance with the BAG recommendations.



- The Novartis Fitness Center is allowed to ask a member to leave, if they show any symptoms in the center.
- Staying in the center outside of training must be kept as short as possible.

Entrance and changing rooms:

- A maximum of 59 members can be in the center at the same time. Admission is regulated by the employees of the Novartis Fitness Center.
- If possible, wear your training clothes to the fitness center. Changing of shoes is required.

Training and training area:

- All members are required to wear a mask during training as well as in the whole facility.
- The maximum length of stay is limited to 90 minutes per person by the Novartis Fitness Center. The training has to be designed efficiently.
- Members must wash or disinfect their hands before and after the workout.
- During the training, it is always necessary to keep 2m distance. Machines may only be used if a person is not already using a machine at a distance of 2m.
- Seat and lying surface should always be fully covered with a clean towel.
- Machines must be disinfected after use on all surfaces with which a member is in contact (handles, seat and lying surface, levers for adjusting the position and weight, etc.).
- Members are requested to refrain if possible, from touching their face. If it does happen, the hands have to be disinfected again.

Introductory training:

- Introductory and personal training will continue further on. These trainings take place without physical contact.