



Protection Concept Swiss Youth Hostels - COVID-19 for Sport-, Wellness- and Fitness Facilities

Status April 19, 2021

The protection concept is binding for all sports-, wellness- and fitness facilities of Swiss Youth Hostels. The measures listed below must be observed by all hostels. The individual youth hostels supplement hostel-specific and cantonal measures which may have restrictive or facilitating effects. Already implemented legal hygiene- and protection guidelines must continue to be observed. Furthermore, all provisions of the Ordinance on Measures apply during these special circumstances in order to combat the Covid 19 Epidemic.

There is an increased risk of infection if the distance of 1.5 meters cannot be maintained for more than 15 minutes without protective measures.

The hostel ensures the best possible compliance with the FOPH guidelines within the sense of individual responsibility.

Closing Hours

External guests: wellness facilities remain closed for external guests.

Internal guests: the sports-, wellness- and fitness facilities remain open for internal guests.

Legal Basis

- COVID-19 Ordinance on measures during the special situation to combat the COVID-19 epidemic
- Federal hygiene measures and distance rules

Industry Sector Basics

- Standards HI
- Standard protection concept for hotel operations under COVID-19
- Protection concept for the hospitality industry under COVID-19
- Protection concept under COVID-19 for hostels offering wellness, spa, pools, saunas, steam baths and sports facilities
- The proposal for protection concepts recommended by the association of in- and outdoor swimming pools has been taken into account

Basic Rules

General

The employer and hostel managers are responsible for implementing the measures.

- All staff members wash their hands regularly
- Wearing a face mask in public indoor- and outdoor areas of facilities.
- The establishments ensure that the different groups of guests do not mix. This is ensured by upholding the distance rule (1.5 meters) between the different groups of guests. If appropriate protective measures (e.g. partition walls) are in place, the distance rule does not apply.
- Employees and other persons must keep a distance of 1.5 meters to each other. When working at an unavoidable distance of less than 1.5 meters, employees should be exposed as little as possible by reducing the duration of contact and/or taking appropriate protective measures.
- Regular cleaning of surfaces after use as required
- Sending home of ill staff members and instructing them to follow the (self-)isolation according to BAG.
- Consideration of specific aspects of the work and work situations to ensure protection.
- Inform employees and other persons concerned about the guidelines and measures and involve employees in the implementation of the measures.
- Implementation of the guidelines in management in order to efficiently implement and adapt the protection measures.
- Contact details of the guests will be collected according to point number 9.
- Compliance with the defined closing hours
- The realization of competitions is allowed, however, without any spectators whatsoever.

Sports Activities

For sports activities of children and adolescents (up until their 16th birthday), the following applies:

- No restrictions. Competitions, however, may not be conducted.

For persons aged 16+, the following applies:

- Indoors, individuals and groups of max. 15 people may engage in sports if a face mask is worn and the required distance is maintained at all times.
- Sports with physical contact (e.g. underwater rugby or water polo) are not permitted. Individual training or technique training without body contact is allowed.

Specifics in the pool

In order to calculate the total number of people allowed in the water, the 25 m² rule is applied (25 m² of training area must be available per person for swimming at all times).

Specifics in the wellness areas

In order to calculate the total number of people allowed in the wellness area, the 15 m² rule is applied. The sauna requirement is 4 m² per person.

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- The hostel manager is responsible for regular checks on compliance with hygiene and distancing rules
- There is a thermometer for staff members to use on site
- Staff members stay home in case of any symptoms
- Notices have been posted in the employee area, informing employees to stay at home as soon as symptoms should occur
- Posters with BAG rules and regulations will be placed in clearly visible position in guest- and employee areas
- BAG rule flyers are available as hand-outs for the guests
- All staff members must keep minimum distance of 1.5 metres from the guests
- Guests and employees must wear face masks in public indoor- and outdoor areas
- Mixing of different groups of guests is to be avoided throughout the entire hostel

1. Hand Hygiene

All people at the hostel regularly wash their hands and avoid touching objects and surfaces, whenever possible.

Measures	OK
Installation of hand hygiene stations in the community areas	
All staff members wash their hands regularly with soap and water. This is particularly important when arriving at the workplace, between serving customers as well as before and after breaks. If this is not possible, hands must be disinfected.	

2. Face Masks

Measures	OK
Every person must wear a face mask in public indoor- and outdoor public areas of facilities and businesses.	
Face masks must be worn in the wellness, fitness and spa areas. No need to wear face masks in the steam bath, sauna or while swimming. Appropriate measures are implemented, allowing sufficient distance between guests.	
The establishment's employees are obligated to wear masks unless they are separated from the guest area with appropriate plexiglass devices and therefore especially protected. In the wellness and spa areas, the wearing of a mask may be waived if there is sufficient distance between employees and if they are engaged in work where due to safety reasons or due to the nature of the activity, a face mask cannot be worn.	
Wearing a face mask does not minimize other required protective measures. In particular, the required distance must be maintained even when wearing a mask.	
Respiratory masks, hygiene masks and textile masks are all considered face masks which provide adequate protection.	
Children ages 0-11 years are exempt from the obligation to wear a mask, as are persons who can prove that they cannot wear a face mask for special reasons, namely medical reasons.	
The establishment will inform the guests about the obligation to wear a mask. In the event of non-compliance, the establishment reserves the right to make use of its house rules.	

3. Keeping distance

Staff members and others keep 1.5 meters distance between each other. For duties at an unavoidable distance of less than 1.5 meters, staff members should be exposed as minimally as possible by reducing the duration of contact and/or implementing appropriate protective measures.

Measures	OK
An increased risk of infection exists if the distance of 1.5 meters cannot be maintained for more than 15 minutes without protective measures.	
The minimum distances within a guest group do not have to be observed. The hostel ensures that the different groups of guests do not mix.	
The hostel takes measures (access regulations, max. number of guests per room, equipment) in order to ensure that distances can be observed at all times. By installing partition walls, the obligation to comply with the distance rules does not apply.	
The maximum permitted number of persons per room is clearly displayed at the entrance to the respective rooms. Guests are responsible for adhering to the specifications. The hostel reserves the right to check this.	
The hostel ensures that waiting guests can maintain a minimum distance of 1.5 meters to other guests.	
The hostel shall install floor markings in waiting areas to ensure that the distance of at least 1.5 meters between two persons is maintained and, where necessary, to direct the flow of other guests.	
Rest areas such as lounges, seating areas and sports equipment are arranged with a distance of 1.5 meters. Alternatively, individual devices may be blocked for use. With partition walls, the minimum distance does not apply.	
In recreation rooms and changing rooms, the distance of 1.5 meters is observed at all times.	
The distance rule must also be observed in the shower area. With partition walls, the minimum distance is eliminated, and all showers can be used. In communal showers, at least every second shower is blocked.	
The hostel ensures that the minimum distance of 1.5 meters can be maintained in WC facilities (e.g. by shutting off individual urinals).	

Sport Facilities

Measures	OK
No restrictions apply to sports activities of children and adolescents younger than 16 years. Competitions, however, are strictly forbidden.	
For guests aged 16+, the following applies when indoor: individuals and groups of max. 15 persons may engage in sports without physical contact if a face mask is worn and the required distance is maintained at all times.	
In spacious rooms, the wearing of face masks may be waived only if additional distance requirements and capacity restrictions apply and ventilation is provided. Sports involving physical contact are not permitted.	
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Fitness Areas

Measures	OK
Masks are mandatory in the fitness area and the required distance must be observed at all times.	
When the capacity restriction of 15 m ² per person is observed and ventilation guaranteed, the obligation of wearing a face mask is waived.	

Swimming-Pools

Measures	OK
While in the pool area, masks must be worn at all times when outside of the water as well as in the entrance and exit areas.	
The wearing of a face mask is waived while in the water.	
The capacity limit is 25 m ² per person.	
The use of the children's pool is allowed and the maximum number of children is not limited. Parents or persons in charge of supervision of the children must maintain their distance from other children and persons and must wear a face mask.	

Sauna and Steam Bath

Measures	OK
The wearing of masks is not compulsory while enjoying the saunas and steam baths.	
The number of guests is limited and the maximum number of allowed guests is posted in the entrance of the mentioned room.	

Massages and Beauty Treatments

Measures	OK
The regulations for personal services with body contact apply for all massages and beauty treatments.	
Hygiene measures must be consistently implemented.	
Wearing a face mask is mandatory for employees and customers. Should the customer not be able to wear a face mask due to the nature of the treatment, the employee additionally protects herself by using a face shield.	
If any way possible, a plexiglass device is to be placed between the employee and the guest (e.g. for manicures or pedicures).	

4. Cleaning

Regular cleaning of surfaces and objects after use as required, especially if they are touched by numerous people.

General

Measures	OK
All contact surfaces must be cleaned regularly.	
Sufficient bins must be provided, especially for the disposal of tissues and face masks.	
Bins are emptied regularly.	
Work clothes are regularly exchanged for fresh clothes and washed after use with standard detergents.	
Operations ensure a regular and sufficient air exchange in work and guest rooms (e.g. airing 4 times a day for about 10 minutes). In rooms with running air conditioning and ventilation systems, air recirculation should be avoided if possible (fresh air supply only).	
Guest laundry must be washed after each guest (e.g. storage towels during massages)	

5. Illness of Staff Members

Measures	OK
Should symptoms of illness occur, employees are sent home and instructed to follow the (self-)isolation procedure as per the FOPH. (vgl. www.bag.admin.ch/isolation-und-quarantäne). Further measures follow on the instructions of the cantonal medical service.	

6. Special Work Situations

Taking into account specific aspects of work and work situations in order to ensure protection.

Measures	OK
Face masks are frequently exchanged, respectively washed, depending on usage. Hands must be washed before putting on the mask and after taking it off and disposing of it. Disposable masks must be disposed of in a closed waste bin.	
Disposable gloves are changed after one hour and disposed of in a closed waste bin.	
The protective measures (especially the minimum distance of 1.5 meters) also apply to the delivery and removal of goods and waste.	

7. Information

Informing employees and other affected persons about the guidelines and measures and involving employees in the implementation of the measures.

Measures	OK
The hostel informs the employees about their rights and protective measures including in particular the information of employees who are particularly at risk.	
The hostel displays the protective measures in accordance with the FOPH in the entrance area. Guests should be made aware of the distance rules and the need to avoid mixing groups of guests.	
The hostel regularly instructs employees about the hygiene measures taken and how to deal safely with guests.	
Staff shall be trained in the use of personal protective equipment (e.g. hygiene masks, gloves, aprons) so that the materials are correctly put on, used, cleaned or disposed of. The training can be verified.	
The staff is trained in the professional application of surface disinfectants, as not all surfaces are alcohol resistant and surface changes can occur. It is also recommended to cover the floor covering at hand disinfectant stations.	
The hostel informs the employees transparently about the health situation within the hostel. noting that health data are particularly sensitive data.	

8. Management

Implementation of the specifications in management to efficiently implement and adapt the protective measure and appropriate protection of particularly vulnerable persons.

Measures	OK
The hostel provides hygiene articles such as soap, disinfectant, disposable towels and cleaning agents in sufficient quantities. It checks the stock regularly and refills it. If necessary, it offers hygiene masks, face visors and gloves.	
The contact person for occupational safety (safety officer of the company) checks the implementation of the measures.	
Operators must present their protection concept to the responsible cantonal authorities on request and grant them access to the facilities, operations and events.	

9. Collection of Contact Data

The collection of contact information is not mandatory for sports, wellness and fitness facilities. The facility allows guests at all times to leave contact information on a voluntary basis.

Measures	OK
Contact details can be collected in particular via reservation or member systems or by means of a contact form.	
At least the following data must be collected: Last name, first name, email, place of residence, telephone number and time of entry.	
Swiss Youth Hostels use the data exclusively for the purpose of tracking. The data is kept for 14 days and then completely deleted; unless the explicit consent has been given by the guest that further use of their data is allowed. The cantonal medical service can use the contact details if deemed necessary.	

10. Other protective measures

Measures	OK
For cross-sector services, the protection concepts of the respective sector apply.	
The hostel will inform the guests about the hygiene and protection measures. In the event of non-compliance, the establishment will make use of its domestic authority. The hostel is not responsible for guests' compliance with the hygiene- and protective measures in public areas.	
Cantonal regulations are implemented by the respective facilities in accordance with the appendix.	