



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

Status December 20, 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.

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

### 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

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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 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
- If a person becomes ill at work, send them home and instruct them to contact their physician and to comply with the FOPH's recommendations.
- 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 the protection concept for the hospitality industry.
- Competitions may be held; the relevant provisions of the COVID-19 Special Situation Ordinance must be complied with.

### SJH – Standards, Status December 20, 2021

- 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 meters from the guests
- Guests and employees must wear face masks in public indoor 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. Covid Certificate

In the indoor swimming pools, wellness and spa facilities, access to the indoor area is only permitted for recovered and/or vaccinated persons who have a certificate that is not older than 4 months or who can also produce a current test. In the fitness area, the 2G rule with mandatory masks applies.

Measures	OK
The establishment must check the Covid certificates of guests at the entrance or, at the latest, the first time service staff comes into contact with the guests.	
The certificates are only valid with proof of identity (ID, passport etc.). The Covid certificate is checked by means of the «COVID Certificate Check» app. The person checking the Covid certificate compares the name and date of birth on the proof of identity (with photo) with the information on the Covid certificate.	
Persons under 16 years of age are not required to show a Covid certificate.	
Employees are not required to have a Covid certificate.	
The certificate can generally be stored, especially for vaccinated or recovered persons, by facilities that issue personalised subscriptions (e.g. fitness centre, hotel check-in). It is the responsibility of the operator to check the validity of the (integrated) certificate (namely with regard to a possible revocation) by means of a periodic check.	

## 3. Face Masks

Wear a face mask in publicly accessible indoor areas of establishments and facilities.

Measures	OK
Each person must wear a face mask in public indoor public areas of facilities and businesses unless the 2G+ rule applies.	
Wearing masks is not compulsory in the wellness area. The distance of 1.5 meters between groups of guests must be strictly observed.	
Wearing masks is not compulsory in the indoor pool area. The distance of 1.5 meters between groups of guests must be observed.	
Wearing masks is mandatory in the fitness area. Appropriate measures will be implemented, which will allow the distance of 1.5 meters between people.	
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.	
Any person who does not comply with the obligation to wear a mask (where required) despite warnings and reminders is to be turned away.	

#### 4. 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 number of persons allowed 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, or seating areas are arranged with a distance of 1.5 meters. 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.	
The hostel ensures that the minimum distance of 1.5 meters can be maintained in WC facilities (e.g. by shutting off individual urinals).	

#### Fitness Areas

Measures	OK
Access only for the vaccinated and recovered with the appropriate certificate; additionally, the mask requirement applies. This also applies to exercising/sporting activities. The hostels can also introduce a 2G+ rule depending on the need and situation).	

#### Swimming-Pools

Measures	OK
The mask requirement does not apply due to the current 2G+ rule.	
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 people is limited. The distance of 1.5 metres among the groups of guests must be observed.	

## 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).	

## 5. 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.	
The company shall ensure a regular and sufficient exchange of air in work and guest rooms (e.g. ventilate for approx. 5 to 10 minutes every hour). 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)	

## 6. 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. <a href="http://www.bag.admin.ch/isolation-und-quarantäne">www.bag.admin.ch/isolation-und-quarantäne</a> ). Further measures follow on the instructions of the cantonal medical service.	

## 7. 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.	

## 8. [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.	

## 9. [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.	

## 10. [Collection of Contact Data](#)

Access to the indoor pools and wellness facilities is reserved exclusively for vaccinated and recovered guests with a Covid certificate not older than 120 days or additionally with a current Corona test. In the fitness area, the 2G rule applies with mandatory masks.

Measures	OK
Contact details may be collected additionally via reservation or member systems or by means of a contact form.	

## 11. [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.	