



General SARS-CoV-2 hygiene regulations from the University of Freiburg (SARS-CoV-2 University hygiene regulations)

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Preface

The positive development of the SARS-CoV-2 case numbers has allowed for a gradual relaxation of the measures. But the pandemic is not over. The further spread of the coronavirus can only be successfully contained if rules of hygiene and conduct continue to be followed consistently. The isolated incidents of infection in recent weeks show that a local outbreak with immense consequences can occur at any time. The University must therefore not let up now.

The measures described below aim to reduce the risk of transmission and prevent infections through a hygiene-oriented environment and conduct. Each individual at the University contributes through his/her personal conduct to protect him/herself and others from a SARS-CoV-2 infection and thus contributes to the containment of the current pandemic. The active participation of all members of the University - students, enrolled doctoral candidates, academic staff, professors, administrators and technical staff - is therefore essential for success.

Special responsibility in this respect lies with the University's management. It is their responsibility to strive for active communication in accordance with the principle "health comes first" and to ensure that the special company infection protection measures and related instructions are explained and implemented in a comprehensible manner. In the fourth Corona Ordinance of the State of Baden-Württemberg dated June 23, 2020, explicit reference is therefore made to the importance of occupational safety and the associated obligation to minimize the risk of infection at the workplace.

The regulations set out in this hygiene regulation define a minimum standard that must be implemented in all University facilities. The SARS-CoV-2 published by the Federal Ministry of Labour and Social Affairs on April 16, 2020, the "Handlungshilfe Prävention während der Corona-Pandemie der Unfallkasse Baden-Württemberg" ("Prevention by the Unfallkasse Baden-Württemberg during the Corona Pandemic") dated April 22, 2020 and the CoronaVO of June 23, 2020 are all taken into account.

Responsibility for the implementation of and compliance with the protective measures listed below is borne by the **persons responsible** in the individual management areas in accordance with Section 2.3 of the General Administrative Regulation from the University of Freiburg (excluding the Medical Center – University of Freiburg) on responsibility for occupational health and safety and environmental protection dated April 13, 2005 and the management of individual classes and events.

The SARS-CoV-2 University Hygiene Regulations are regularly adapted to the current legal regulations, the official requirements and recommendations and the resulting changes in the University's corona measures. It must be observed in its currently valid version.

For the sake of clarity, it should be pointed out that the temporary additional measures for protection against SARS-CoV-2 infection regulated in the University's SARS-CoV-2 Hygiene Regulations supplement the generally applicable occupational safety standards resulting from the Occupational Safety and Health Act. These general occupational health and safety standards thus claim unrestricted validity.

1 Central hygiene measures

The novel coronavirus SARS-CoV-2 is easily transmitted from person to person. According to the current state of knowledge, it can be spread by droplet infection or via aerosols.

The main transmission pathway for SARS-CoV-2 is the uptake of virus-containing droplets, which are produced when breathing, coughing, speaking and sneezing and are absorbed via the respiratory tract. Depending on particle size, droplets ($>5\ \mu\text{m}$) are distinguished from smaller particles (aerosols, $<5\ \mu\text{m}$). When breathing and speaking, and even more so when shouting and singing, mainly small particles (aerosol) are excreted; when coughing and sneezing, considerably more droplets are also produced. In principle, the probability of exposure to droplets and aerosols within a radius of 1-2 m around an infected person is increased. While larger respiratory droplets in particular sink quickly to the ground, aerosols can float in the air - even over a longer period of time - and spread in closed rooms. Whether and how quickly the droplets and aerosols sink or remain suspended in the air depends on a number of other factors in addition to the size of the particles, including temperature and the ventilation situation.

Transmission through contaminated surfaces cannot be ruled out, especially in the immediate vicinity of infectious persons. For this type of transmission, however, the viruses must be actively brought from a contaminated surface to the vicinity of the mouth/nose and possibly also to the eye, e.g. by touching the face.

The course of COVID-19 disease is unspecific, diverse and varies greatly, from asymptomatic to very severe disease progression with severe pneumonia with lung failure and a fatal outcome. Frequently mentioned symptoms are a cough, fever, a runny nose, as well as the loss of the sense of smell and taste. It is important to note that even people with a mild course of the disease can be contagious. Transmission can also occur a few days before the onset of symptoms.

The most important hygiene measures at a glance:

Distance requirement

A minimum distance of 1.5 meters to other persons must be maintained. This does not apply to activities in which close physical proximity is unavoidable; in such cases, appropriate protective measures such as wearing a mouth and nose covering are required. The wearing of a mouth and nose covering does not in principle lead to a suspension of the minimum distance requirement and other hygiene rules.

Wearing a mouth and nose covering

Wearing a mouth and nose covering helps to slow the spread of COVID-19 and protect risk groups from infection. This is especially true in situations where people meet in closed rooms and the distance of at least 1.5 meters to other people cannot be safely maintained.

On the traffic routes (including e.g. staircases and corridors) within the buildings, the distance requirement cannot always be safely observed; therefore, the wearing of a mouth and nose covering is mandatory. The covering must be put on as soon as you enter the building.

Data collection for tracking purposes

Collecting contact data is of great importance for the rapid detection and containment of infection chains. With the increasing opening of the University, this is becoming more

and more important. For every single on-site lecture and other events, data collection is basically necessary, independent of the number of participants.

Workroom occupancy

In general, it must be ensured that only as many people are permanently present in a workroom (room within a building in which at least one workplace is permanently installed) as are absolutely necessary. The recommended minimum distance of 1.5 meters must not be permanently exceeded. Also the danger of aerosols must be considered depending on the local conditions.

For **rooms** the regulations listed under 2.4 apply. In particular, a distance of at least 1.5 meters between persons must be maintained for permitted meetings in these rooms. In addition, the Rectorate may determine further requirements to be met.

Thorough hand hygiene

Wash hands with gentle liquid soap for 20 to 30 seconds. Proper disinfection of the hands is usually only necessary and useful if thorough hand washing is not possible. Hand washing agents and non-reusable paper towels must be provided in sufficient quantity, alternatively hand disinfectants or other equivalent hygienic hand drying devices.

Observation of proper etiquette regarding coughing and sneezing

Coughing and sneezing in the crook of your arm is one of the most important preventive measures. When coughing or sneezing, the greatest possible distance from other people should be maintained, and it is best to turn away while doing so.

Ban of entry and participation

There is a general ban on entry and participation for persons who are or have been in contact with an infected person if 14 days have not yet passed since contact with an infected person, or who show the typical symptoms of an infection with the coronavirus, namely lack of smell or taste, fever, cough and sore throat. The same applies to returning from a risk area designated by the Robert Koch Institute.

2 Special technical and organizational measures

2.1 General workstation organization

- Workstations for employees and student workstations in practical training courses must be designed in such a way that there is sufficient distance (at least 1.5 meters, better 2 meters) between them and other persons. This can be achieved, for example, by blocking off individual workstations, moving work tables apart or reversible markings on floors or surfaces. In the case of workplaces where people normally sit exactly opposite each other or back-to-back, it is strongly recommended that the workplaces be moved as much as possible even if the minimum distance of 1.5 meters is observed. Attaching or installing a hygiene guard is not a comparable protective measure.
- The distance requirement also applies without restriction to outdoor activities.
- In general, the number of persons in workrooms or the joint duration of stay must be limited to a necessary minimum (e.g. by working at different times). If multiple occupancy is absolutely necessary, the maximum room occupancy must be defined in accordance with the requirement of minimizing infection by the person(s) responsible in the individual management areas in accordance with Section 2.3 of the General Administrative Regulation from the University of Freiburg (excluding the Medical Center – University of Freiburg) on the responsibility for occupational safety, health and environmental protection dated April 13, 2005 and the management of individual courses.
- It should be noted that a prolonged stay in small, poorly ventilated or unventilated rooms increases the probability of transmission by aerosols even over a distance greater than 2 meters. Due to the accumulation and distribution of aerosols, under these conditions it may no longer be sufficient to maintain the minimum distance. An effective air exchange can reduce the aerosol concentration in a room. Wearing mouth-and-nose coverings also reduces the number of viruses released into the air.
- Office work can and should be carried out in the home office - as far as possible in terms of content and technical possibilities allow. The respective valid regulations for the home office are to be observed.
- If necessary, the occupancy rate of workrooms is to be reduced by forming teams that alternately work alternately on-site and in their home office. When forming teams, care must be taken to ensure that the same people always belong to the respective team.
- If possible, work equipment should always be used by one and the same person. If this cannot be implemented, appropriate hand hygiene and regular cleaning and, if necessary, disinfection of the work equipment must be ensured, especially before handing it over.
- Transparent partitions must be erected at workstations open to the public (e.g. information counters, consultation areas). Procurement shall be made at the expense of the institution via the University's customary ordering system. If these measures of work organization are not possible, alternative protective measures must be taken. These measures may not be used to reduce the minimum distance between permanent workstations.

- Room capacities of the facilities are to be used and work processes and working hours are to be organized in such a way that multiple occupancy of rooms can be avoided or sufficient safety distances can be maintained. Traffic routes and centrally used equipment must be taken into account.
- Markings with a minimum distance of 1.5 meters are to be placed on the floor at all points where lines may form as an orientation aid. These are available from the Department of Building Management, Procurement, Sustainable Operation (Department 4).
- In rooms that have at least two entrances and where there is an increased fluctuation of people, one entrance must be marked as the entrance and one as the exit. In case of an emergency (e.g. fire alarm) all escape routes must be used and this restriction is temporarily suspended.

2.2 Bathroom facilities, social rooms, break rooms and kitchenettes

- In bathroom facilities, social rooms and break rooms, the rules of distance must be observed. Rooms should be used individually or with a time delay if possible (staggering of working and break times, removal of chairs etc.). All occupants of these rooms must pay attention to particularly thorough hygiene.
- When using social rooms and break rooms as well as kitchenettes and generally used objects in these rooms (e.g. coffee machines, microwave ovens, etc.), adequate hand hygiene must be ensured.
- As far as possible, everyday objects in social rooms and kitchenettes should be used by one and the same person.
- The number of persons is to be limited in accordance with the distance regulations and the entrance is to be marked with the maximum permitted number of persons. Only one person is allowed in the kitchenette at a time.

2.3 Ventilation

- To ensure the exchange of indoor air, rooms without ventilation systems (supply and exhaust air system) must be ventilated regularly and correctly. Several times a day, the rooms must be ventilated in a row or cross-ventilated through fully open windows for at least five minutes. Tilting windows open for ventilation is insufficient because the air exchange is too low using this method.
- This also applies to rooms without a room air conditioning system, which have a stationary air circulation system. The recirculation units cool or heat the indoor air, but there is no exchange of fresh air.
- No additional individual ventilation is required in rooms that have an active ventilation system. If you have any questions about the existing ventilation systems, please contact Department 4 (Building Management). The ventilation systems must be maintained regularly.

2.4 Room gatherings

- As far as possible, digital alternatives should be preferred for meetings, interviews, etc. If meetings take place, a minimum distance of 1.5 meters between the participants must be maintained. This also applies when entering and leaving the rooms.
- This also applies to University events, in particular retreats, workshops, seminars, company outings, company parties and similar events that take place on premises **outside** the University.
- Regular and adequate ventilation of the rooms (see 2.3) must be ensured.

2.5 Conducting apéritifs, catering, buffets

- Apéritifs, catering, buffets etc. should be avoided to avoid infection. In justified exceptional cases, the Rectorate may permit these events to be carried out if an individual hygiene concept has been presented.

2.6 Passenger elevator use

- Passenger elevators may only be used individually if the minimum distance of 1.5 meters cannot be safely maintained in the elevator. This also applies if mouth and nose coverings are worn.

2.7 Travel with service vehicles or vehicles registered as such

- In the case of necessary business travel, the simultaneous use of vehicles by several persons should be avoided as far as possible.
- If this is not possible for compelling business or legal reasons, the group of persons who use a vehicle jointly shall be restricted, e.g. by assigning a vehicle to a specified team. The names of all persons who have been in a vehicle together during travel shall be documented in the driver's logbook.
- In the case of business trips involving several people, it is compulsory to wear a mouth-and-nose covering. The maximum occupancy rate depends on the journey time. For longer trips, a limitation of one person per row of seats is generally recommended. This also applies to bus travel.
- In the case of transport and delivery services, the route planning must provide for the possibility of using sanitary facilities.
- If vehicles are used by several persons, controls that are often touched - such as the steering wheel, gear lever and door handles - must be cleaned before handing over the vehicle. This can be done with a surfactant-containing cleaning solution or a disinfecting cloth.
- Hand hygiene utensils (disinfectant, paper towels and trash bags) must be kept available in every vehicle. An appropriate set can be obtained from the Safety Department (sicherheit@uni-freiburg.de) for a reimbursable fee.

2.8 Business travel

2.8.1 Business travel to foreign countries

- Business travel to foreign countries is only permissible when
 1. according to publications of the Robert Koch Institute or publications of the European Center of Disease Prevention and Control (ECDC), a newly infected number in relation to the population of the destination country at the start of the official trip has no more than 50 cases per 100.000 inhabitants cumulatively in the last seven days. For countries outside the European Union, countries associated with Schengen and the United Kingdom of Great Britain and Northern Ireland, there are to be no more than 50 cases per 100,000 inhabitants cumulatively in the last 14 days;
 2. at the start of the official trip, the destination country has not imposed an entry ban on travelers from Germany;
 3. at the start of the official trip, the destination country has not ordered quarantine for travelers from Germany;
 4. if the applicant belongs to a risk group, the applicant must obtain medical advice before commencing the business trip and, if necessary, will postpone his or her travel plans; and
 5. hygiene measures such as keeping your distance and wearing mouth and nose coverings, especially in means of transport, at airports, railway stations and ports, are followed.

2.8.2 Business travel within Germany

Business travel within Germany is only possible if, at the time of the start of the business trip, the destination is located in a city or district which, according to the publication of the Robert Koch Institute, has a cumulative number of newly infected persons in relation to the population of not more than 50 cases per 100,000 inhabitants in the last seven days.

2.9 Cleaning

- Hand contact surfaces, especially those of work equipment, must be cleaned particularly thoroughly at least once a day, and possibly several times a day, with a cleaning agent containing tenside. SARS-CoV-2 is an enveloped virus whose lipid envelope is inactivated by the tensides in cleaning agents, so that thorough cleaning is sufficient in this context. Information on the selection or ordering options is provided by the Safety Department (sicherheit@uni-freiburg.de).
- Further hygiene measures due to other legal regulations (hazardous substances law, genetic engineering law, bio-substances ordinance or similar) must be observed without modification.

2.10 Access to University buildings for non-university persons

- Access by persons not affiliated with the University shall kept to the minimum. A complete opening of the University buildings is currently not possible due to health care and compliance with hygiene regulations. This also applies to the show greenhouses of the Botanical Garden.
- The outdoor area of the Botanical Garden is excluded from this. This will be reopened to the public starting July 4, 2020. At the entrances, there is a clearly visible sign pointing out the Corona-related rules of conduct in the garden. Compliance with the protective measures is to be ensured by regular inspections and/or other suitable measures
- Tampering with the doors for the purpose of keeping them open is prohibited and must be stopped immediately. Care must always be taken to ensure that the doors in use are properly closed.
- Employees of outside companies must register themselves. They must be informed about the measures of these hygiene regulations and are obliged to observe them.

3 Individual hygiene measures

- Standard hygiene regulations such as hand cleaning as well as etiquette for coughing and sneezing apply.
- Soap and disposable towels are provided centrally by the Central University Administration at all hand washing facilities. If they are missing or used up, this must be reported to Department 4.
- Personal items such as a mouth and nose covering, drink cups or bottles or food must always be clearly assigned and stored in such a way that they cannot be used by others.

4 Mouth and nose coverings

- Wearing a mouth and nose covering (MNB) helps to slow down the spread of COVID-19 while protecting risk groups from infection. This is especially true in situations where people meet in closed rooms and the distance of at least 1.5 meters to other people cannot be safely maintained.
- On all traffic routes (including corridors, staircases, elevators, and corridors) within buildings, the distance requirement cannot always be safely observed; therefore, **wearing a mouth and nose covering is mandatory**. The covering must be put on as soon as you enter the building.
- The wearing of the MNB can only be waived if this is not possible or not reasonable for health or other reasons. Proof of this must be provided to the University on request in the form of a medical certificate.

- In addition, an MNB must be worn in all working areas where the minimum distance of 1.5 meter to other persons cannot be safely maintained.
- Wearing face visors without a mouth and nose covering is NOT considered an equivalent protective measure.
- Masks with exhalation valves do not offer any protection toward others and must therefore only be used if the minimum distance to other persons can be safely observed.
- A sufficient number of mouth and nose coverings must be made available to employees. The costs of providing the mouth and nose coverings must be borne by the respective institution; employees are not permitted to bear or share the costs. Washable and therefore reusable textile mouth and nose coverings are preferred. Orders can be placed via masken@zv.uni-freiburg.de. When using washable textile models, employees must be provided with at least five masks per person; when using disposable masks, a new mask must be provided every working day.
- The use of your own mouth and nose coverings is expressly permitted.
- For reasons of infection protection, employees are responsible for cleaning the outside of the University. It is forbidden to set up a collection point for used mouth-nose-coverings of several persons.
- Students must bring their own mouth and nose coverings. If special hygiene or fire protection measures are required for on-site events, the respective institution must provide students with suitable masks or mouth and nose coverings from the faculty.
- The definition of special requirements for mouth and nose coverings or masks is made by the responsible persons in the facilities after a corresponding risk assessment.

5 Data collection

- For every course and other event, regardless of the number of persons, data collection is required (first name and surname, address, date and period of attendance, telephone number or e-mail address, if available). The form "Data collection in accordance with the Corona Ordinance" is available for this purpose, together with instructions for use. Depending on the occasion and/or type of event, the management of the respective facilities, event managers and/or the responsible teacher are responsible and accountable.
- The form is available on the "Corona page" of the University under "Studies and Teaching."
- The data must be kept for a period of four weeks and then deleted and destroyed. It must be ensured that unauthorized third parties do not gain knowledge of the data. Detailed instructions for data processing can be found in the above-mentioned instructions for use.
- Persons who refuse to provide their contact data are to be excluded from participating in the event, using or visiting the facility.

6 Requirements and requests for information

- For the purpose of taking protective measures for members of the University, employees suffering from COVID-19 must immediately report the occurrence of disease symptoms or the result of a suspected corona test to the University.
- The same applies to employees who within the past 14 days have had contact with a confirmed COVID-19 patient or if a member of their family lives in the same household and suffers from or is suspected of suffering from coronavirus and, according to medical opinion, there is a risk of infection.
- The collection of SARS-CoV-2-specific symptoms such as fever measurements etc. is not permitted.

7 Instruction

- Employees and students shall be instructed in an appropriate manner about the measures of these general hygiene regulations and, if necessary, more specific regulations for particular areas of work.
- Attention will be drawn to the increased danger to risk groups and the resulting special protective regulations.
- The instruction shall be documented.

8 Risk group protection

- Employees and students who belong to a group of people who, according to the information provided by the Robert Koch Institute, have a higher risk of developing a severe progression of the COVID-19 disease must be given special protection. To this end, the necessary individual protective measures must be taken.
- https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogruppen.htm
- Employees who belong to a group of persons with a higher risk of contracting COVID-19 must prove their membership of a risk group and the increase in risk due to the work performed by that service by means of a medical certificate upon request.
- Before releasing an employee with an increased risk, the institution concerned must, with the involvement of the employee, the Safety Department and the occupational health service, examine the possibilities of teleworking or work reorganization in order to enable low-risk work performance.
- For their own protection, students who belong to a group of persons with a higher risk of a severe progression of the COVID-19 disease should, in accordance with the recommendations for reducing contact by the Robert Koch Institute, not take part in face-to-face meetings where the necessary distance cannot be guaranteed.

- With regard to these students, online courses will be maintained until the end of the 2020 summer semester, provided that they are already taking place.

9 Maternity protection

- According to the current state of knowledge, pregnant women do not in principle have a higher risk of infection than the general population and are not at increased risk of a severe progression of the disease. However, the possibilities of treatment in the case of a severe progression in pregnant women are significantly limited compared to the general population. For example, it is often not possible to use medication and treatment measures without endangering the unborn child. According to the Maternity Protection Act, this represents an **unjustifiable hazard**.
- For pregnant women who are exposed to increased personal contact (e.g. offices with multiple occupancy, public transport, classroom teaching, face-to-face meetings, etc.), there is currently still an increased risk of infection. As a rule, this risk cannot be reduced to an acceptable level for pregnant women by technical or organizational measures. A pregnant woman may therefore not be employed or work at these workplaces in the current situation. This also applies without restriction to pregnant students.
- Wearing protective masks or a mouth and nose covering is generally not a suitable protective measure; this represents a burden for pregnant women which is only possible occasionally and for a short time.
- A pregnant woman can only continue to work or be employed if protective measures based on a risk assessment ensure that the pregnant woman is not exposed to a higher risk of infection. If the risk assessment reveals an increased risk of infection, this must be classified as an unjustifiable hazard for preventive reasons in the sense of the Maternity Protection Act. This also applies without restriction to pregnant students.

https://rp.baden-wuerttemberg.de/Themen/Wirtschaft/Documents/Corona_Info_schwangere_Frauen.pdf

- Pregnant women and nursing mothers can, if they so wish, receive advice and recommendations from the occupational health service or the Safety Department.

10 Ban on entry and participation

- Persons who are or have been in contact with a person infected with the coronavirus, if less than 14 days have passed since contact with an infected person, or who show the typical symptoms of the corona virus, namely lack of a sense of smell or taste, fever, cough and sore throat, are banned from all University buildings and from participating in all University events.
- Persons who are in quarantine due to an official order are not allowed to enter or participate.

- For each individual course and other events involving students, e.g. examinations, ban of entry and participation shall be ensured by a declaration of the students. The form "Declaration on ban of entry and participation according to § 7 of the CoronaVO for students at the University of Freiburg" is provided for this purpose.
- The form is available on the "Corona page" of the University under "Studies and Teaching".
- If students are unable to attend a course with compulsory attendance or a written exam or examination due to the SARS-CoV-2 admission and participation ban, the regulations of the examination law apply, in particular the regulations on withdrawal and compulsory attendance.

11 Special regulations for examinations and classes

In addition to the general regulations, the following requirements must also be observed for the events listed below.

11.1 Implementation of on-site examinations

- The on-site examination must take place in a sufficiently large room. Taking into account the required minimum distance of 1.5 meters in all directions, it can be assumed that about 10 percent of the available seats will be available.
- Seats that can be occupied must be clearly marked and numbered and documented in a clearly arranged seating plan. The Central Auditorium Allocation Office will assign the numbering of the examination seats for the auditoriums falling within its area of responsibility. The faculty is responsible for rooms that are not centrally administered.
- The numbering should be applied once and then not be changed again.
- Written examinations are to be laid out on the tables in advance. After the exams, they are to be handed in or left on the table so that the supervisor can collect them after the examinee leaves the room.
- Rows are to be filled from back to front.
- Mouth and nose coverings may be removed at the participant's seat.
- For the purpose of tracing chains of infection, in addition to the data to be collected under point 5, it must be documented by name which examinee was sitting in which spot. For this purpose, the examinee must note his/her seat number in the form "Declaration on the ban of entry and participation in accordance with § 7 of the Corona Ordinance for students of the University of Freiburg" or in the form "Data collection in accordance with the Corona Ordinance".
- Candidates may not assemble in front of the examination room either before or after the examination.

- These regulations for face-to-face examinations apply accordingly to the conduct of written University admission procedures, entrance examinations and selection procedures, including study capability tests.

11.2 Implementation of on-site classes

- As a rule, the hygiene and occupational safety measures described in these hygiene regulations must be observed. If the result of the risk assessment should make further protective measures necessary, the practical training courses are only possible if these additional protective measures are observed.
- The persons responsible for the practice training course shall ensure that the practice event is only carried out under the special protective measures described above.

11.3 Implementation of practical training courses with field exercises and excursions

- A maximum of 30 people (including lecturers/tutors) may participate in a field exercise or excursion.
- Arrival and departure should be arranged individually. Carpools in cars are to be avoided. The measures according to section 2.7 must be observed.

11.4 Conducting practical training in the field of study sport/sport science and general University sporting events

11.4.1 Training in gymnasiums, sports halls and utility rooms

- Courses involving training and exercise during which time the minimum distance of 1.5 meters cannot be maintained in normal sports, games and practice situations, may only be held in groups of up to 20 people. In three-field sports halls, three groups may train simultaneously. Each individual third must be cordoned off through a separating curtain, markings or in some other manner.
- If direct body contact is required continuously or over a longer period of time, fixed training or exercise pairs must be formed. The person performing the safety position must wear a mouth-nose cover.

Courses involving training and exercise during which time the minimum distance of 1.5 meters is **maintained throughout** by maintaining an individual location or by placing the training and exercise equipment accordingly (e.g. yoga on personal mats, training on fixed equipment), may only be held in groups of up to 30 persons, provided that the minimum distance can be maintained **at all times**.

- Stationary weight training equipment must be located in an area of 10 square meters. More than one piece of equipment may be placed in this area. However, it is imperative to note that the 10 sqm training area is exclusively for one person to train. A distance of 1.5 meters must be maintained when changing the device.
- High-intensity endurance work is prohibited in enclosed spaces. High-intensity endurance stress means sports activities in the range of the anaerobic threshold and above. This applies in particular to (equipment-supported) fitness training.
- All given possibilities for ventilation of all closed rooms must be used. A break of at least 30 minutes must be observed between two classes; during this time the rooms must be ventilated.
- Training equipment must be cleaned with a surfactant-containing cleaning agent before changing users. Hand-held devices that are used near the mouth and nose should be thoroughly cleaned or disinfected before changing users.

11.4.2 Classes in indoor swimming facilities

- The water surface used must be dimensioned in such a way that at least 10 square meters of water surface are available per person. The lanes are to be separated with lines. Each lane on a length of 50 meters may be used by a maximum of ten people at the same time. For a 25 meter lane the numbers of persons apply in equal parts
- Teaching and training units may only be carried out individually or in groups of a maximum of 20 people.
- Care must be taken that no swimming close to one another or passing each other takes place.
- A distance of at least 1.5 meters between all persons present must be maintained at all times during the entire swimming session.
- Entrances and exits from the pools must be kept physically separate; if this is not possible, other means must be used to ensure that the minimum distance can be maintained when entering and leaving the pools.

11.4.3 Outdoor classes

- Courses involving training and exercise during which time the minimum distance of 1.5 meters cannot be maintained in normal sports, games and practice situations, may only be held in groups of up to 20 people. Up to 5 groups per sports facility may train simultaneously. A minimum distance of 30 meters between the training groups must be maintained throughout.

- Courses involving training and exercise units during which time the minimum distance of 1.5 meters is **consistently maintained** by maintaining an individual location or by positioning the training and exercise equipment accordingly may be held in groups of up to 30 persons.
- During **sprint training** in a straight line, one lane must be left free between the participants. Relay training is generally prohibited.
- During the **running training** a distance of 15 meters must be kept for safety reasons for persons permanently running behind each other. When overtaking, one lane must be left free (lateral distance then min. 1.5 meters). Group runs without keeping a safety distance in front of, behind and beside the runners are only allowed in testing situations.
- Training equipment in **throwing disciplines** (balls/disks/spikes etc.) must be assigned to each individual in the training unit or thoroughly cleaned or disinfected before changing.

11.4.4 Individual hygiene measures

- While in the sanitation facilities such as toilets, showers and changing rooms, the number of people must be limited so that a minimum distance of 1.5 meters between users can be maintained. The time spent in showers and changing rooms is to be limited to what is absolutely necessary
- For hand hygiene in outdoor areas, participants must be given the opportunity to disinfect their hands. The use of textile cloths is prohibited.

11.4.5 Mouth and nose coverings

- A mouth and nose covering is not required during training.

12 Date of effect

At the same time, the General SARS-CoV-2 Hygiene Regulations for the University of Freiburg dated May 25, 2020, the SARS-CoV-2 hygiene regulations for practical training at the University of Freiburg in natural sciences and medical studies dated May 19, 2020 and the SARS-CoV-2 hygiene concept for field exercises and excursions in public spaces and on the University campus dated May 19, 2020 shall cease to apply.

Freiburg, July 8, 2020

Prof. Dr. Dr. h.c. Hans-Jochen Schiewer
Rector

