



## Rules for the reopening of operations in the sports club building OSCB and other locations at PSI

- The rules apply from 06th July 2020.
- The rules also apply to **non-Sportclub PSI members**, e.g. such as PSI employees who come to PSI by bike, individual sporting PSI employees etc. who have again general access to the OSCB with their PSI badge from 6<sup>th</sup> July 2020.
- It is compulsory that a **maximum of 2 people may stay in the women's and men's changing rooms / showers** in order to maintain the required minimum distance. Please change your clothes / shower quickly. A **maximum of one person is permitted for each toilet**. Appropriate notices are attached to the entrance doors of the changing rooms and toilets. General information on hygiene and distance rules can also be found on the pin board in the EG entrance area. If you have any questions, please contact Daniel Lauk (Section head Ninjutsu, Tel. 3642).
- There will be no changes to **OSCB access and sport** for the sections with existing protection concept (fitness, climbing / bouldering, ninjutsu) except for the changed distance rules. Contact lists are also maintained by the section heads and bookings of the bouldering room are made via Outlook equipment (see below).
- **New is individual fitness** with the above Hygiene and distance rules possible on the equipment on the upper floor, whereby the booking of the equipment via Outlook equipment (see below) is mandatory. This is to ensure that a maximum of 2 people are (may) be in the area of the equipment on the upper floor, which must be taken into account when booking the equipment. The booking times must be followed. The equipment must be cleaned thoroughly after use. It is recommended to disinfect the equipment before use (again). The Outlook bookings also serve as a contact list for individual fitness. Corresponding information is clearly visible in the upper floor OSCB. If you have any questions, please contact Andre Schmid (Head of Fitness, Tel. 3702).
- **Yoga** in the gym is again possible with a maximum of 12 people (same for Ninjutsu Ninjutsu) with the above mentioned hygiene and distance rules. Related information is attached to the front door of the gym room. As before, the booking is made via Outlook Equipment (see below) by section head Nicole Hiller. In addition, she maintains the contact lists for yoga, which are generated via Doodle or similar. Yoga mats are cleaned with disinfectant by the participants before the start. This is available on the ground floor. Yoga lessons via zoom from the gym room are also possible. If you have any questions, please contact Nicole Hiller (Section Head Yoga, Tel. 4492).
- **New** is single / small group use of the gym room. The above mentioned hygiene and distance rules have to be followed and booking via Outlook equipment (see below) is mandatory. The Outlook bookings also serve as a contact list for single / small group use of the gym.
- Activities of the **Dancing** Section in the Gym Room of the OSCB are not planned.
- **Darts** and **Petanque** take place as before (now with a reduced minimum distance)
- **Board games** and **bridge** as well as **chess** are now taking place in the OSGA (or in other free meeting rooms) at PSI. The current hygiene and distance rules apply. If these cannot be followed (distance when playing less than 1.5 m and playing time longer than 15 minutes), **it is mandatory to wear protective masks!** In addition, contact lists are to be kept in which it is noted who played with whom from when to when. The number of participants is to be adjusted to the maximum number of participants depending on the meeting room / training room. The respective section heads keep the contact lists. Disinfect play areas / tables before and after the game. Gloves are recommended.
- No "social events" will take place until further notice. Also **no concerts** of the music section at PSI. The music container may only be used by a maximum of one person.

- Also, there will be no **Töggeli and Rollhockey** activity at PSI at the moment.
- External sports activities (**badminton, basketball, football, golf, tennis, table tennis, volleyball**) take place in the halls in Würenlingen or Leuggern in accordance with the current protection concepts prescribed there.

Wilfried Pfungsten 01.07.2020

## Outlook Equipment booking via PSI Outlook:

Select Attendees and Resources: Global Address List ✕

Search:  Name only  More columns **Address Book**

equil  Global Address List - wilfried.pfungsten@psi. [Advanced Find](#)

Name	Title	Business Phone	Location	Department	E-mail Address
Equipment Research ppms1 public (PSI)				3704	PSICH-eprs-1
Equipment Research ppms2 public (PSI)				3704	PSICH-eprs-1
Equipment Research Tube Furnace OLGA3...			OLGA317	5423	tube_furnace
Equipment Research WSLA-X07MA-prep p...			WSLA	6313	PSICH-eprs-1
Equipment Sportclub Bicycle 1 (PSI)		+41 56 310 36 42	OSCB	Sportclub	PSICH-ensc-
Equipment Sportclub Boulderraum public (...)			OSCB		Boulderraum
Equipment Sportclub Clubroom (PSI)			OSCB	4404	clubroom@f
Equipment Sportclub Crosstrainer 1 (PSI)		+41 56 310 36 42	OSCB	Sportclub	PSICH-ensc-
Equipment Sportclub Dumbbells (PSI)			OSCB		PSICH-ensc-
Equipment Sportclub Gym Room (PSI)			OSCB	4404	gym_room@
Equipment Sportclub Rowing (PSI)			OSCB		PSICH-ensc-
Equipment Sportclub Treadmill 1 (PSI)		+41 56 310 36 42	OSCB	Sportclub	PSICH-ensc-
Equipment Sportclub Weight Machine (PSI)			OSCB		PSICH-epsc-