

INFORMATION FOR THE NEW START IN THE SPHERY CENTER ZURICH RÖMERHOF ON THE 02.06.2020

On the 2nd of June we are allowed to open our doors again. We are very happy.

However, the reopening will be accompanied by certain protective measures, regulated by the authorities. These serve as protection against COVID-19 for our members and employees. Please help us to comply with all protective measures. We all have to accept the restrictions until further notice. Please support us, because together we can create a safe training place for everyone! We thank you for your solidarity and responsible behaviour.

WE NEED YOUR HELP

Only exercise when you feel healthy. Even with only mild symptoms you should avoid visiting the club.

We would like to emphasize this point:

Please wash your hands thoroughly before and after training and refrain from touching your face during training. Of course you can also use our hand disinfectant dispensers before, during and after training.

The otherwise autonomous registration process is temporarily replaced by an individual check-in and check-out at the reception. Please show your booking in the Sphery App to a Sphery employee. This is a necessary measure so that we can always determine the number of members who are in the club at the same time.

Keep your distance at all times and follow the BAG hygiene measures. The cloakroom area offers 2 cabins and may be used by a maximum of one person per cabin. Please also note that the showers are currently closed.

Of course the obligation to clean the walls of the ExerCube after use and to use a training towel still counts. Please do not spray the disinfectant spray directly on the pads, but on the cleaning paper.

The cleaning of the arm and leg bands is not necessary, because every customer will be re-equipped at check-in. After the end of the training, we ask you to remove the used straps from the trackers and put them into the marked, closed container.

HERE WE ARE CHALLENGED

We will disinfect all handles (door handles, the ExerCube, handles on wardrobes, etc.) several times a day.

The club will be thoroughly cleaned by us once a day and by our cleaning company once a week.

COVID-19 RESTRICTIONS

According to the official protection concept, 1 member may train per 12 square metres of training area. This means: 1 person per ExerCube, so that the distance rule can be observed at all times. Until further notice, the training area includes 2 ExerCubes, which are separated from each other with a thick molten cloth. Thus, a maximum of 2 persons are in training at the same time (1 person per ExerCube).

Training advice / instructions (PERSONAL TRAINING 1:1)

Are possible in compliance with the rules of conduct (minimum distance 2m). If the 2m distance cannot be maintained (support service), instructors/students wear a mask.

Opening hours

Check out the App Calendar for available Slots

Many thanks for your understanding! We are aware that these are serious limitations. However, we consider them necessary until further notice.

We are very grateful for your understanding and your loyalty

We wish you continued good health.

Sportliche Grüße

Dein Sphery Team