

ZIST MENSCHLICHES POTENTIAL ENTFALTEN

ZIST AKADEMIE FÜR PSYCHOTHERAPIE WISSEN DURCH ERFAHRUNG

Hygiene concept for seminars

(valid from September 23, 2021)

The hygiene concept is based on the general decree applicable to Bavaria and is continuously adapted to the current status of the legal requirements. All persons [employees (m/f/d) and guests] who stay in ZIST must read the applicable hygiene concept and confirm their knowledge and compliance with their signature. In addition, we assume knowledge of the general decree currently valid for Bavaria. You find this on the website www.verkuendung-bayern.de (Bavarian Infection Protection Measures Ordinance in the current edition).

General functional and organizational measures

A minimum distance of 1.5 m must be maintained on ZIST site and in the ZIST rooms. The general hygiene regulations with regular, persistent hand washing and sneezing labels have to be considered (see notices).

The mask may be taken off outdoors as long as the minimum distance is observed. You can take it off as well when you sit on your own seat in the seminar room, provided that the minimum distance and sufficient air supply is observed. Please use the contactless dispenser available on the premises for hand disinfection.

When entering common areas, all employees and guests must wear a medical mask permanently.

All guests are asked about risk exposure and/or symptoms or vaccinations and must confirm the accuracy of their information by signature on arrival. Guests with acute respiratory symptoms or increased temperature are excluded from the events.

If the incidence is over 35, a self-test is carried out every 72 hours under the supervision of an employee for all guests. These measures are omitted below an incidence of 35.

In addition to this general hygiene concept, course leaders (m/f/d) create a further hygiene concept for the specific work in the group room.

If required, masks and gloves are available for guests to purchase.

All work surfaces, keyboards, phones, and work tools must be disinfected regularly. Used cups, glasses and dishes must be given back to the designated areas.

The guesthouse team regularly cleans and disinfects door handles, banisters, coffee machines, kettles and other objects that are touched by several people.

We will charge 1 Euro per night for the additional effort of the hygiene measures.

If guests disregard the hygiene measures, we reserve the right to make use of our house rules and will send the person home on the same day. The person said must bear the costs of accommodation and meals for the entire duration of the event.

If someone is tested positive on SARS-CoV-2 and cannot leave ZIST alone, the person must go in quarantine to the room and the medical service (phone: 116117) will be called. All further measures are initiated from this service. In this case, an increased flat rate for accommodation and meals would have to be paid until departure.

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Registration, arrival and departure, rules on site

Registration/arrival

Before the start of the course, the guests receive the current hygiene concept with all the instructions to be observed for their stay in ZIST.

Please note that the German or Bavarian rules apply here on spot, regardless of where you are coming from. Please find out independently whether the area in which you live / from which you come have been declared a high incidence/area of virus variants at the time of your arrival. When entering from abroad, the ordinance on protection against the risk of infection caused by entry in relation to the SARS-CoV-2 coronavirus applies in: <https://www.bundesgesundheitsministerium.de/service/gesetze-und-verordnungen/guv-19-lp/coronaeinreisev.html>

If you have an exemption from the mask requirement, please note that we cannot accept this here on ZIST site. If you are unable to participate under these conditions, please note our cancellation conditions (<https://www.zist.de/de/allgemeine-geschaeftsbedingungen>).

To get here you currently need

- Written evidence of a PCR test not older than 48 hours or a
- written evidence of a Rapid Antigen Test not older than 24 hours.
- Also vaccinated people or recovered people need the above mentioned tests.

Reception

Only one guest or couple is allowed at the reception. A so-called one-way street system is defined: Guests wait outside, only one guest goes through the anteroom door into the reception, then out again through the second anteroom door. Afterwards the next guest comes in. Guests wear a medical mask when entering the rooms.

Our reception desk with customer contact is protected with a transparent protective plexiglass. Guests should pay their bills by bank transfer on departure to avoid further contact.

Guest room

The bed linen has to be put on by the guest and also be removed on the last day. Towels are distributed per room on the first day. Fresh towels for the stay are available after consultation at the reception. Please ventilate your room regularly during your stay.

If a shower room is used by people who do not belong to the same household, the times for the individual guests will be posted on a notice. It is also cleaned and ventilated with the available cleaning and disinfecting materials after each use. Personal items are not allowed to be kept in the bathroom.

In the group room

Sufficient air supply in the group rooms must be guaranteed. Before the start of the event, this is ensured by ZIST guest house team, during the course and during the breaks by the course instructor (m/f/d). All surfaces (handles, tables, doors, sinks) are disinfected by the guest house team at regular intervals.

Medical masks are currently required in the group room. The mask can be taken off if the distance to other people is at least 1.5 m and there is adequate ventilation. The course leader also informs the participants (m/f/d) about the specific hygiene measures while working in the group room.

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Blankets and meditation pillows should be brought from home. Participants who use ZIST blankets are requested to put name stickers on them for the duration of the course. In the evening, all participants put their mats, blankets, and pillows on the chairs to ensure that our housekeeping team can clean the rooms.

It is not permitted to take food of any kind into the group rooms.

Seminar house kitchen and meals

The dishes are prepared in the kitchen in accordance with the applicable hygiene regulations. There is a strict separation between food preparation and dish washing in the kitchen. In the work process, employees pay attention to compliance with the minimum distances.

At meals, guests help themselves at the buffet, wearing a medical mask and using a plastic glove. Meals are currently taken indoors, outdoors or in their rooms. Please bring your tray back to the crockery station immediately afterwards.

Please adhere to the displayed mealtimes that are valid for your group.

Café

The café will remain closed to guests until further notice. The employees have access in compliance with the distance regulation or with a medical mask.

Visit

External visitors must be registered at the reception with address and telephone number. They may only come on site in compliance with the rules that were mentioned on arrival. The guest who receives the visitor is responsible for the registration. During the times when the reception is not manned, the guest is responsible for documenting the visit.

These measures serve the safety of our employees and guests.

We ask for your cooperation and wish you an inspiring and pleasant stay in ZIST.

Dunja Hausmann
Management of the seminar house
ZIST gemeinnützige GmbH