

Dear customer

It is of utmost importance to us to inform you about your Arina Training in these special times of the COVID-19 pandemic.

From mid-August on, we are going to conduct personal training courses again, considering a comprehensive hygiene and protection plan.

We would like to inform you about the essential points in advance:

- Please make sure you are healthy when participating in one of our Trainings. If you cough, have a temperature, or experience other symptoms, please stay at home and cancel, even in short notice (you can participate in another Training in the upcoming two years without additional costs).
- Disinfect and wash your hands thoroughly. Hand sanitizer, face masks and gloves will be offered free of charge.
- Keep your distance (at least 2 m) at any time. There will be a separate table for each participant. Laptops and other course materials will be disinfected beforehand.
- We will refrain from shaking hands. Even so, we will give you a very warm welcome!
- Your Training will be conducted in a large room that will be aired every hour. There will be at least seven square metres space per person. All surfaces will be disinfected regularly – to keep us all safe and healthy!

If you have any questions or need to cancel in short notice, please contact our Arina Trainings Team at service@arina.ch.

**We are looking forward to receiving you and count on your cooperation !
Yours faithfully, Arina AG**

STILL IMPORTANT:



Wash your hands thoroughly.



Avoid shaking hands.



Cough and sneeze into a tissue or the crook of your arm.



Stay at home if you experience symptoms.



Always call ahead before going to the doctor's or the emergency department.