



CORONAVIRUS HYGIENE CONCEPT

The [rules on hygiene and social distancing of the Federal Council](#) and the hygiene measures of Air Zermatt Training Center remain key, and will help to prevent new infections and thus a new increase in the number of cases. Changes made by the Federal Council and the BAG (Swiss Health Authorities) are continuously considered.

Principles

- Physical distancing of at least 1.5 m between all persons
- If the minimum distance is not possible, a protective mask (PM) must be worn correctly
- Wash your hands regularly and thoroughly with soap and water
- Surface and hand disinfection
- Anyone who has symptoms, feels sick or had known contact with infected persons stays at home
- Before events where physical distancing is not possible, a questionnaire must be completed about possible symptoms of the disease or if any contact with a possibly infected person had occurred

Hand washing and disinfection

- Always wash and/or disinfect your hands before entering a room, before a meeting, before the start of the course
- Always disinfect before and after handling objects that are used by several people
- If hand washing is not possible or impractical, use a disinfecting solution

If physical distance cannot be maintained

- PM must be worn if the minimum distance is not possible and approximation is unavoidable
- Only persons needed for the respective exercise can approach closely with PM. The others must keep the distance of 1.5 m at minimum

Occupancy of Classrooms

- Classrooms, lounges and exercise facilities can be used according to the area rule (1 person per 3 m² if not in motion)
- 0.75 m distance around each person without affecting the free space of the next person, i.e. at least 1.5 m to the next person in each direction
- If everyone is at rest and no one enters or leaves the room, or walks around etc., PM can be taken off
- In all other cases PM must be worn correctly*

- Ventilate the room frequently (at least every 45 min), if possible have windows never completely closed
- Do not speak without PM at a distance of less than 1.5 m, the speakers should have more distance
- During eating or drinking (without PM) keep the minimum distance and speak as little as possible

Wearing a mask is not necessary if

- the minimum distance of 1.5 m is ensured continuously
- no one walks around or enters/leaves the classroom, and the space is ventilated regularly
- no strenuous exercises or activities are taking place

Additional Guidance

- Depending on the activity, extended adapted protective measures are applied according to the recommendations of the respective professional societies (e.g. SRC, FFP2 masks **)
- If someone is getting tested positive to Covid-19 during or within 10 days after a course, please report this to the Air Zermatt Training Center in order to inform other course participants of a possible infection
- The use of the SwissCovid app is recommended (Apple or Android)
- There is the possibility of having the participants tested by Air Zermatt in cooperation with the medical clinics in Zermatt for courses that last for several days
- Get tested for COVID-19 as soon as you get symptoms, and inform Air Zermatt Training Center as soon as possible
- Additional regulations are issued for certain courses or events (e.g. flight school). These must also be complied with
- Our protective measures are based on the regulations of the Swiss Federal Health Office and the recommendations of the Swiss Helicopter Association
- Lists of participants are kept in order to be able to inform about suspected infections if necessary. These lists are kept strictly confidential. Data protection in accordance to legal regulations is strictly adhered to

The implementation of the hygiene concept is mandatory for participants and instructors. The instructors are to set an example and must comply with them fully and strictly.

* Always cover mouth and nose with molded nose clip

**Never apply masks with exhalation valve to persons with suspected infection

Zermatt/Raron, July 8, 2020