



Covid 19 Protection concept of the Institute Pranic Healing Switzerland Measures from 12.12.2020

In order to carry out face-to-face training, continuing training providers must have a protection concept and ensure that the FOPH's hygiene and conduct rules are observed.

On 11 december 2020, the Federal Council approved further national measures to limit the spread of coronavirus.

The present concept refers to the measures that will apply throughout Switzerland from 12.12.2020. The decisions which can be read under [New Coronavirus: Measures and Ordinances are](#) are binding. The regulations are subject to new federal directives.

Information on the additional cantonal measures is available on the websites of the respective cantons. The collected links are listed here: www.ch.ch/de/coronavirus/

If the cantonal measures are stricter than the national measures, the cantonal guidelines must be observed.

The protection concept is obligatory for seminar and event managers and must be displayed for inspection in the seminar room. It contains the following points:

1. Measures to comply with the BAG's requirements regarding **social distance**
2. Measures to comply with the BAG's **hygiene** requirements
3. **Collection of contact details**
measures to protect people at particular risk and exclude those who are or feel ill
4. **Information and management** measures
5. **Annexes**
 - I. **COVID symptoms according to BAG (status 28.10.20)**
(available when filling in the COVID 19 form)
 - II. **particularly vulnerable persons according to COVID-2 regulation (status 28.10.20)**
(available when filling in the COVID 19 form)
 - III. **COVID-19 form**
(to be signed by each participant)
 - IV. **Poster: [how we protect ourselves](#) (Version 28.10.2020)**
(is clearly visible in the seminar room)
 - V. **Poster: [Federal government steps up measures against the coronavirus](#) (status 29.10.2020)**
(is clearly visible in the seminar room)
 - VI. **Information: [correct use of hygiene masks](#)**
(is clearly visible in the seminar room)
 - VII. **Checklist for the organiser**



Institute

1. Measures to comply with the BAG's requirements regarding social distance

Masks are compulsory throughout the building up to the seat. The mask may be taken off at the seat if the distance is maintained. As soon as you move away from the seat, masks must be worn.

- the maximum number of persons is limited to 15 persons (not teachers: 10 persons for private meetings)
- while meditating or listening at a marked seat, no mask must be worn, subject to a minimum distance of 1.5 m; however, each participant is free to choose a mask
- under the given circumstances, we recommend that the event participants are advised to practise the gymnastic exercises at home. (Meditation meeting M2H/VU/Soul)
- also for the AY-meetings it makes sense to practice the gymnastic and breathing exercises already at home. Before the AY meditations, 3 general sweepings can be practised instead of the gymnastic exercises.
- in the basic seminar, the exercises are part of the seminar content and require the wearing of a mask >>> Instruction: to practice the Fit in 10 minutes with awareness (slowly and without forced breathing)
- Consideration of the tiger yawn: under the given circumstances it seems appropriate not to practice it on site at the seminars/events. >>> Advice to the participants to practise this at home

Wherever possible, seating in the course and group rooms is arranged so that participants can maintain a minimum distance of 1.5 metres between themselves and the trainers.

- Position chairs at 1.5m intervals
- basic rule for the number of participants in relation to the size of the room: 1 person / 2.25 m² for static lessons
- If the distance cannot be maintained, a mask must be worn permanently (also in the case of carpools with private cars for a possible joint lunch in a restaurant)

In catering establishments, the requirements for catering establishments specifically mentioned in the Regulation will be implemented.

- until further notice no "finger food" and if possible no drinks will be offered by the event manager >>> Note to participants: if necessary, please bring your own food/snacks and drinks according to the duration of the event
- it should also be noted that consumption should only take place sitting down



2. Measures to comply with the BAG's hygiene requirements

Disinfectants or facilities for washing hands are provided at the entrance, in recreation and break rooms as well as in the course rooms.

- Liquid soap is the preferred way of providing soap, which can be individually supplemented with essential oils (e.g. lavender and/or sage, tea tree)
- elbow-operated or non-contact, sensor-controlled disinfectant dispensers are advantageous
- Please use officially recognised hand disinfectants such as Sterilium, Softaman, etc.
- please also provide hand disinfectant at the washbasins in the WC facilities

All premises are ventilated regularly and extensively. In rooms where it is not possible to open the windows, the ventilation is adjusted accordingly.

A sufficient number of waste bins with lids (pedal bins) are provided, especially for the disposal of handkerchiefs and face masks.

Disposable towels are provided for drying hands.

Tables, chairs, door handles, lift buttons, stair rails and other objects that are often touched by several people are regularly cleaned with surface disinfectant and, if possible, disinfected.

- please use officially approved products, e.g. Bacillol, Meliseptol, etc.

Magazines etc. are removed from common areas.

- for illustrative material and articles offered for sale, such as books, CDs and other articles, a demo version must be provided >>>> The information can be viewed with disposable gloves during time windows defined by the organizer

Protective masks for participants should be kept ready for special situations. However, there is no general duty of the institution to hand them over.

- each event or seminar participant brings his own officially recognised and fresh masks (for a 2-day seminar a minimum of 4 masks is recommended) It does not have to be FFP2 or FFP3
- the event organizer/seminar leader has a certain number of masks in stock, which he can supply at cost price if required
- correct use of hygiene masks: see Annex VI
- If the mask is not worn at the seat, we recommend that the mask be deposited in a personal envelope handed in by the event manager



3. Collection of contact details

measures to protect people at particular risk and to exclude people who are ill or who feel ill

Seminar and event participants are reminded that

- ⇒ Persons who show individual COVID-19 symptoms (cf. Appendix 1) or who have been in contact with infected persons are excluded from attendance.
 - ⇒ Participants who can be proven to have been affected by the corona virus are not allowed to take part in further training until two weeks after the illness has been overcome.
 - ⇒ Persons who have a relevant illness according to the COVID Ordinance (cf. Appendix 2) are recommended to refrain from attending attendance events until further notice.

 - Each participant will be informed accordingly when the seminar is confirmed and will be contacted by e-mail/telephone a few days before the seminar starts with regard to the points listed here
 - in addition, he confirms on the Covid-19 form available in the seminar room, which he must sign at the start of the seminar, that he
 - attention has been drawn to the present and to the protection concept to be followed
 - has been informed of the recommendation to participate in a classroom event as a person with a relevant illness at his own responsibility, without subsequently being able to hold the organizer liable in any way for any symptoms that may subsequently occur
 - currently shows no symptoms of COVID-19
 - has not been in contact with infected persons
- How many days must it be since the last contact with an infected person before you can attend an event? 10 days
- see link: [Instruction for quarantine](#)
- his overcoming illness with the corona virus was already a fortnight ago

These regulations also apply to teachers and event managers.

The confidentiality of the contact data during collection and data security, particularly in the storage of data, are guaranteed.



4. Information and management measures

Federal information material on distance and hygiene rules will be displayed in a clearly visible position at the entrance and in recreation and break rooms. (see Annexes IV -VI)

- Poster: [how we protect ourselves \(Version 09.12.2020\)](#)
- Poster: [Federal government steps up measures against the coronavirus \(status 18.12.2020\)](#)
- Information: [correct use of hygiene masks](#)

The seminar and event participants are informed about the measures specified in the protection concept (in particular the obligation to wear masks).

At the start of the course, trainers point out the applicable distance and hygiene rules and, if applicable, the adapted choice of methods.

Seminar and event participants are reminded that

- Persons who show individual COVID-19 symptoms (cf. Appendix 1) or who have been in contact with infected persons are excluded from attendance events.
- Participants who can be proven to have been affected by the corona virus are not allowed to take part in further training until two weeks after the illness has been overcome.
- see also measures listed under point 3>>>
Covid-19 form to be signed



5. Annexes

Appendix I COVID symptoms according to BAG (status 28.10.20)

The new coronavirus can show very different disease symptoms.

The most common symptoms are:

- symptoms of acute respiratory disease (sore throat, cough (usually dry), shortness of breath, chest pain)
- Fever
- Sudden loss of the sense of smell and/or taste

The following symptoms are also possible:

- Headaches
- General weakness, malaise
- Muscle aches
- Sniffles
- gastrointestinal symptoms (nausea, vomiting, diarrhoea, abdominal pain)
- Skin rashes

The symptoms of the disease vary in severity and can also be mild. Complications like pneumonia are also possible.

Annex II Particularly vulnerable persons according to COVID-2 regulation (status 28.10.20)

According to the BAG, the following are considered particularly endangered

- Persons aged 65 and over
- Pregnant women
- Adults with the following pre-existing conditions:
 - High blood pressure
 - Cardiovascular diseases
 - Diabetes
 - Chronic respiratory diseases
 - Cancer
 - diseases and therapies that weaken the immune system
 - Obesity grade III (Body Mass Index BMI ≥ 40 kg/m²)

Detailed information on the individual diseases and a leaflet with recommendations for people with pre-existing conditions can be found [here](#)



Annex III COVID-19 form

Pranic Healing Event/Seminar	<i>Designation</i>	<i>Place and date</i>
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Organizer	<i>Name</i>	<i>Signature</i>
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I certify that

1. I have been made aware of the present and to be followed protection concept.
2. I have been informed about the recommendation to participate in a classroom event at my own responsibility as a person with a relevant illness, without subsequently being able to hold the organizer liable in any way for any symptoms that may subsequently occur.
3. I have not been in contact with infected persons (at least 10 days must have passed since the last contact).
4. I currently have no COVID-19 symptoms.
5. in the case of a past infection with COVID-19, my survived illness with the corona virus was already a fortnight ago.

With my signature I confirm all the above points	<i>Name of the participant:</i>	<i>Signature</i>
	<i>Place of residence:</i>	
	<i>Tel. no:</i>	
	<i>e-mail:</i>	



Institut Pranic Healing
Schweiz | Suisse | Svizzera

Annex IV Poster: how to protect ourselves (version 09.12.2020)



Coronavirus

Last update: 9.12.2020

**PROTECT YOURSELF
AND OTHERS**



**UP UNTIL CHRISTMAS, THE FEDERAL
COUNCIL STRONGLY RECOMMENDS:**

**Meet as few people as possible
to reduce risk of infection over the
festive period.**



**Limit gatherings to no
more than 2 households.**



**Work from home
wherever possible.**

Art. 116, 033.org

www.foph-coronavirus.ch



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Bundesamt für Gesundheit BAG
Office fédéral de la santé publique OFSP
Ufficio federale della sanità pubblica UFSP
Uffizi federal da sanadad publica UFSP



SwissCovid App
Download



Appendix VPlakat: Federal government steps up measures against the coronavirus (status 18.12.2020)

Federal government tightens measures against coronavirus

18.12.2020

New rules throughout Switzerland from 22 December:

Closed:



Restaurants and bars



Museums



Zoos and botanical gardens



Sports facilities



Other entertainment and leisure facilities

Fewer customers in shops

Stricter rules on store capacity. Still closed from 7pm and on Sundays and public holidays.



Strong recommendation: Stay at home

Keep contacts to a minimum. Avoid unnecessary journeys and outings.

Still applicable:

 Extended requirement to wear masks

 Singing only among family and in schools

10 Private meetings: maximum of 10 people

 Ban on events

 Work from home (recommendation)

15 Gatherings: maximum of 15 people

 Discos and clubs closed

 Two household rule (recommendation)

5 Maximum of 5 people at cultural and sporting activities

 Rules for ski areas

R < 1 Cantons may relax closures if conditions permit

-16 Exceptions for children under 16 (sports/cultural activities)

 Distance learning at higher education institutions

 Reduce contact with other people

 Wear a face mask

 Wash your hands regularly

 Keep your distance

 Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra
Swiss Confederation

Bundesrat
Conseil fédéral
Consiglio federale
Cussegl federal
Federal Council



Annex VII Information: correct use of hygiene masks

Please observe the following instructions when handling masks:

Use: It is important that the mask always covers nose and mouth. Always wash or disinfect your hands before putting on and after taking off the mask. Touch the mask as little as possible. Textile masks can be used several times as they can be washed. Hygiene masks should only be used once. There is currently no scientific evidence about how well hygiene masks protect when used several times.

Repeated use: If you use your mask several times, for example because you have only worn it for a short time, then hand hygiene and correct use and storage are important: wash or disinfect your hands before and after putting it on and taking it off, and touch the mask as little as possible. Important: If you have an acute respiratory disease, you should use a hygiene mask and use it only once.

Storage for repeated use: At best, after use, hang your mask on a hook where it will not touch any other objects. If this is not possible, store your mask in a paper bag or envelope. In this way you can take the mask with you and avoid the mask in the bag touching other objects and passing on any viruses that may be present. Plastic bags are not suitable for storage because they are not permeable to air and the masks do not dry in them. The viruses also survive longer on plastic than on paper.

Washing: You cannot wash hygiene masks. Textile masks are washable according to the manufacturer's instructions.

Duration: You can wear a hygiene mask for up to four hours. Make sure that the mask is thoroughly moistened - the moister the mask, the less protective it is.

Disposal: Hygiene masks can be disposed of in normal household waste. Make sure that the used mask does not come into contact with anything else, except other waste. Seal the waste bag well. You can dispose of the mask in public waste on the way. Wash or disinfect hands after touching a used mask.

Beard holder: It does not matter whether you have a beard or not. What is important is that the mask covers the nose and mouth.

At the beginning you may be unaccustomed to wearing a mask or even feel that you are not getting enough air under the mask. However, you do not need to worry, as a mask allows enough air to pass through. To get used to wearing a mask, you can wear it for a shorter period at first and gradually extend the wearing time.



Annex VII Checklist for the organizer

Event / Seminar:		Date:	Ladder:
	Measure		✓
1	Room size	Definition of the maximum number of participants (1 person / 2.25m ²)	
2	Distance markings	Cloakroom area, break room, seminar room (chairs and salt basin), WC, sales stand	
3	Lastest Posters	this is how we protect ourselves / relaxation of measures 2nd stage / hygiene masks	
4	Protection concept	a printed copy is available for free inspection	
5	Liquid soap	in WC, kitchen	
6	Hand and surface disinfectants	for WC, kitchen or break room, sales stand and all items listed in this table under item 19	
7	disposable gloves	for illustrative material at the sales stand	
8	disposable towels	WC, kitchen	
9	Disposable cups or cups	when offering tea and coffee	
10	Pedal bin	WC, kitchen, sales booth, possibly additionally in the seminar room	
11	Illustrative material	the articles offered for sale such as books as well as CD's, smoked goods, etc. are on	
12	Envelope	for temporary storage of the personal hygiene masks	
13	Hygiene masks	the number of spare masks appropriate to the event, to be supplied at cost price	
14	COVID-19 form	the corresponding number of pieces (according to the registered participants) is available and will be filled in by each participant; also serves as a contact data / presence list	
15	personal hygiene masks	each participant is informed to bring his own, officially recognized and fresh masks for a 2-day seminar, a minimum of 4 pieces is recommended, FFP2 or FFP3 are not required	
16	Food	each participant is informed to bring his own snack, lunch, mineral water	
17	Protection of persons at risk and exclusion of sick persons	each participant will be informed accordingly when the seminar is confirmed and will be contacted a few days before the start of the seminar with regard to the relevant points tel.	
18	Ventilation	all premises are ventilated regularly and extensively	
19	Regular cleaning or regular disinfection	tables, chairs, reusable course utensils (e.g. pens), door handles, lift buttons, stair railings, coffee machine and other objects	