

Our protective concept for your stay!

Our greatest ambition is that our guests stay healthy during these times and that they are able to feel at home and safe and sound during their stay at our house. **Yet, our safety precautions and hygiene regulations, which we have been realizing carefully in all clinic departments, can only be fully effective if YOU help us.** Thus, we kindly ask you to carefully read and adhere to the information below. We thank you very much in advance for your cooperation and your understanding.

Arriving from a foreign risk area

- The current entry regulations from a foreign risk area to Germany provide for an immediate 5-day quarantine. Please note that this cannot take place in our house.
- A negative PCR test not older than 48 hours must be submitted upon arrival. We are not allowed to test you at our house.
- Before your arrival, you have to register by phone at the health department Bad Kissingen (Tel.: +49 971 801 3330) and send it the negative PCR test.
- If the negative PCR test is not available upon arrival or the specified deadline has been exceeded, no admission to our house will take place.

Before your arrival

- At the moment, a stay at our clinic is only possible if you **did not have an infection in the 14 days prior to the date of arrival.**
- If you have or had any symptoms of a cold, please let us know before – or, in case of doubt, also in the course of – your arrival so that you can evaluate your planned stay together with our physicians.
- If you had any contact with sick people, please contact us in any case before your arrival.

On your arrival

- Please arrive with filtering facepiece and keep the minimum distance. A visor is not permitted within the scope of our hygiene concept.
- In order to guarantee the highest possible safety, we can currently only accept guests into our clinic who bring **written confirmation of a negative Corona test (PCR test) with them on arrival**. The time of testing must not be more than 72 hours ago. Alternatively, a Corona quick test can be carried out on site (80 €, only with advance notification and if the arrival time from 1 pm to 4 pm is observed). In addition, a **short medical check-up** is carried out immediately upon arrival to confirm that the patient is free of symptoms upon admission.
- In order to ensure this brief medical check-up, **we urge you to comply with the arrival period between 1 pm and 4 pm.**

During your stay

1. We have **raised our hygiene standards** in the whole clinic. Furthermore, we implement **additional safety measures** according to the requirements of the specific departments - so that you can live unworried all over the house.
 - Should we require your individual support in doing so, e. g. with hand disinfection, you will find detailed information put up on the spot.
 - Patient visits may only take place outside the clinic building.
2. A **filtering facepiece is mandatory all over the house** in order to guarantee your and our safety. A visor is not permitted within the scope of our hygiene concept. Feel free to bring your own filtering facepiece. You will receive a disposable one on your arrival for free and can purchase more in our MedCenter when required.
 - Excluded from this requirement (safe distance must be kept however): fitness room, ergometer training, Milon® circuit training and courses outdoors
3. Please observe the **commonly recommended sanitary rules** - i. e. regular hand washing with soap as well as sneezing and coughing into your elbow. Also, feel free to use the available sanitizers.
4. The public areas of the clinic and our group courses are adapted and prepared in such a way that the safe distance from other guests can be kept.
 - Let us remember all together to keep distance! A hearty togetherness is also possible with nice gestures, warm words or a sparkling eye contact.

5. Information regarding our inclusive program and our general offers. We were able to adapt almost all our offers to the safety measures in such a way that they remain **at your disposal as is usual with you**. In consequence of the small number of guests, we will be able to go **even more into detail with regard to your individual needs**:

- The **ergometer training** takes place.
(max. 4 patients at the same time)
- **Group courses** in the fitness room and swimming bath take place.
(max. 6 participants)
- The **swimming bath** can be used individually.
(max 2 guests at the same time)
- There is an attendee listing available for advance reservation for the **light shower**.
- **Finnish sauna** and **bio-sauna** are open.
(In the large sauna for max. 2 guests at a time per cabin, in the small sauna for max. 4 guests at the same time)
- **Milon® circuit** and **cardio area** can be used during the opening hours.
- You can attend the **kitchen trainings**.
(up to 5 guests)
- **Lectures and group conversations** take place in the piano room.
(max. 20 attendees)
- The meditation room is free for **meditations**.
(up to 3 guests)
- Unfortunately, we cannot offer our grocery shopping trainings.
- Steam-Sauna, infrared cabin and oxygen therapy can unfortunately neither be used.

NEW: Due to the current situation and in order to support your health naturally, we expanded our inclusive program by **new outdoor activities: immune-boosting WOODBATHING, MEDITATION in the heart of nature, therapeutically accompanied DEW CURE and much more**.

6. During the business hours, desk, scheduling office and MedCenter will be available for you also by phone.

- feel free to book or change **your bookings over the phone**.