

## Protection Concept David G. Simons Academy, DGSA®

### This is how we protect our participants and instructors from the corona virus at our courses



From now on, participants and instructors wear a face mask at all DGSA-courses. In certain countries, wearing an FFP2 mask is required on our courses. Please bring your own face masks to the course.



The minimum distance of 1.5 meter between participants can generally be guaranteed on our courses. However, this is of course not possible during practical sessions. In order to keep the transmission chain as low as possible, we ask our participants from the beginning, to work in couples. These couples will remain throughout the course and they also sit next to each other during the theory class. The minimum distance of 1.5 meter between the couples is always observed. The instructor uses the DGSA® Dry Needling Video Tutorials as a tool to demonstrate the Dry Needling techniques. In addition, simultaneous video projections are made and / or the techniques will be demonstrated in small groups or two-person groups.



There will be enough soap, disposable paper towels, hand disinfectant and surface disinfectant available.



The participants should bring their own towels to cover the treatment table. The towels shall be changed once a day.



There will be enough closed waste bins available, that can be opened with a foot pedal.



The course room and the sanitary facilities will be cleaned regularly.



Please stay at home when you feel sick, have a cough or fever or when you had contact with a COVID 19 positive person in the two weeks before the course started.



In certain countries, a Covid-Certificate is required on our courses. Please bring your Covid-Certificate to the course.

We ask all participants to adhere to the existing protection concept and at the same time appeal to the personal responsibility of each individual.