



**KLAB**  
The Wellness Experience

**CONTI**

15 JUNE  
**WORKOUT  
& TRAIN SAFELY**



## **SAFETY**

The new coronavirus is a respiratory virus characterized as highly contagiousness which spreads mainly through contact with the droplets of the breath expelled through saliva, coughing, sneezing, through direct personal contacts or even through simply talking.

The droplets normally manage to travel a space of no more than one meter, before falling to the ground; this is the reason why a distance of one meter is considered sufficient to prevent transmission. However, it must be considered that the air movement caused by the athlete and / or travelling in their wake, can facilitate contamination by droplets over greater distances than the canonical measure of social distancing.



### **AIR TREATMENT SYSTEM FOR THE ENVIRONMENTS**

To maximize the effects of social distancing during physical activity and thus to guarantee the highest level of safety during training, in Klab we have developed and built a sophisticated air treatment system for the environments where people train.

Klab is clear when it means to operate in maximum safety and, for this reason, as soon as we were able to purchase the material at the end of the lockdown and start the structural modification of the environments we chose to invest significantly to make Klab's indoor environment even safer than before.

These ongoing interventions are conceptually very simple but technologically very complex and energy demanding; but this is what we are sure, willing and ready to deliver for you all: the safest environment ever!

Over the next few weeks, you will find the Klab profoundly changed. We have in fact installed "ad personam" air extraction systems a few centimetres from the training stations, both in the equipment rooms and in the training rooms. In summary, all breathing, coughing, sneezing, including viral or bacterial infectious loads is immediately captured, channelled and expelled outside in areas of open air. This means that in Klab there is no risk of diffusion within the environment, which is the real risk of contagion. The movement of air, breath & droplets between people will never come in contact with another person due to the points of extraction of said air, breath and droplets –therefore another person is prevented from breathing in infected air. The system has been equipped with sufficient power to capture each possible infected emission.

***FITNESS***  
***IS IN THE AIR***



**During physical exercise breathing is particularly intense**



**For this reason we have done well to exceed the government suggested guidelines**

**In each room we have installed an extraction system “ad personam” - created on an individual basis**

***FITNESS* IS IN THE AIR**

**KL LAB**  
THE KITCHEN LAB

# How it works

***SAFETY***  
***IS IN THE AIR***

**Micropore tubes  
with a special built  
in extraction system,  
positioned above  
each workout station  
and position**

**Every exhalation is  
immediately captured  
and channelled  
into the tubes  
to be expelled into  
the air outside**



 **WATER TREATMENT SYSTEMS**

In Klab the pools have always been fully treated and controlled, in addition to chlorine we also use an excellent disinfectant. Additionally we also use a system of ultraviolet (UV) lamps, which are one of the most powerful bactericidal systems available, they excellent in the inactivation of bacteria, as in they irreparably damage the DNA or RNA of microorganisms. With these special quartz lamps, we are therefore able to emit intense UV radiation, which manages to eliminate all the pathogenic microorganisms present, without adding polluting and harmful chemistry to your health. At the same time this technology allows us to break the chloramines and cancel all the toxic and harmful compounds of the chlorine, finally exercising an additional disinfection also valid for the chlorine-resistant microorganisms.

Thanks to these interventions, the Klab pools offer maximum safe environments that guarantee our members the opportunity to train and enjoy with peace of mind.

 **THE IMPORTANCE OF DISINFECTION**

With regard to contagion by contact with equipment and surfaces, this occurs if people who have touched an infected surface do not wash their hands before touching their mouth, nose, eyes, or mucous membranes with their own hands. It is specifically for this reason we ask for the maximum collaboration of each of you in disinfecting all equipment and surfaces with which you have come into contact. We also strongly remind you to regularly sanitize your own hands.

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## **SPAZI**



### **ENTRY AND EXIT**

At the entrance to Klab you will find a thermal scanner that will detect your body temperature automatically, in case this does not register your temperature, the staff will use a digital thermometer. You will not be able to enter the Club if your temperature exceeds 37.5 °.

Before entering, be sure to put on your mask and use the sanitizing gel to clean your hands.

We are happy to inform you that we will be able to guarantee your safety (with regard to numbers accessing the gym) without the need for you to book your entry for a workout. In fact, **no reservation will be necessary to attend the weight room, the swimming pool for free swimming or training with your p.t.** The maximum capacity rule will apply. Instead, reservations will be required for indoor classes.

**To guarantee you safe distance, however, we ask you for your maximum collaboration in both entering and exiting:** every time you enter the club, you must pass your bracelet or membership card over the reader. The same procedure must

be repeated on exit. Only in this way will we have in real time the accurate number of people present in the Club. For the first time you enter Klab, please bring the self-certification of good health attached to the email, completed and signed.



### **DISTANCES AND MASKS**

When you are not training on machines or equipment and during all movement between spaces within the Club (common areas, bars, corridors, changing rooms) always wear a mask and keep at least 1m away from other members. When you train you may remove your mask and keep a distance of at least 2 meters from the other members. It is mandatory that you come to the gym with your mask. If you lose it or need a new mask, you can buy one from the desk.



### **CORRIDORS AND COMMON AREAS**

Corridors and common areas will have fewer seats available: it is important that they be used as little as possible to ensure correct social distancing regarding the flow of members.

Some seats that can be used and will be appropriately marked to ensure adequate space is maintained.

## **WEIGHT ROOM AND FREE BODY SPACES**

We have completely revised the layout of the rooms and equipment. Each machine was positioned to guarantee at least 2 meters between the work stations.

## **CLEANING THE EQUIPMENT**

Klab staff will endeavour to keep equipment clean. We ask for your help in ensuring the sanitization of the machinery and equipment you use, so that the next member is protected. You will always find have a sanitizing spray and paper available. (Warning!! Do not use sanitizing spray on the monitors, they will be damaged!)

## **CLASS ROOM**

In the rooms used for courses we have prepared spacer grids that allow members to have 7sqm of space: it will be easy to find your space! The instructor will help you position yourself.

## **COLLECTIVE COURSES**

Waiting to enter the room, please keep 1 mt away from other people and ensure that your mask worn. Once inside the room you can leave your bag with your personal items in a specially designated space. At the end of the training we ask you to leave equipment and mats in the space indicated by the instructor so as to allow us to immediately identify those used for disinfection.

There will be limited numbers of people permitted to access the swimming pools at any one time. To help you navigate your entrance and exit to/from the water we have positioned spacers around the perimeter of the pools. Instructors and assistants will help you if you need more direction & help.

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## **HYGIENE**

In all environments you will find dispensers with sanitizing gel, please use this gel to clean your hands before your workout.

Please also sanitize the seats you used in the common areas, before leaving, with the aim of ensuring maximum cleanliness and safety.

In the swimming pool, the usual rules of hygiene & safety apply: before entering the water, you must shower completely with soap/gel; the use of a swimming cap is still mandatory; it is forbidden to spit, blow your nose or urinate in water; very young children must wear waterproof diapers.

Discard all used tissues and masks immediately in designated containers.



## **CLOTHING**

To train you are required to use clean shoes, designed exclusively for this purpose.

It is mandatory to have your own towel with you: it must always be used during your workout.

Do not share water bottles, glasses and bottles and do not exchange items such as towels, bathrobes or other items with other users.



## LOCKER ROOMS

Inside the changing room it will be mandatory to wear a mask until you enter the shower.

The use of the changing rooms will be limited, guaranteeing the social distance of at least 1 meter and will be periodically monitored by Klab staff.

The workstations and lockers that can be used will be appropriately marked to ensure adequate spaces.

All clothing and personal items must be stored in their bags, even if they are stored in the appropriate lockers.

We encourage you to get to the gym already changed, so as to limit the pressure upon the changing rooms as much as possible and optimize your time to train.

The capacity of the changing rooms has been calculated by guaranteeing 5sqm per person.



## **BOOKING COURSES**

The training rooms will have a reduced capacity, in order to guarantee each member an area of 7 square meters: for this reason, reservations will be required through the system “Easy Booking” which many of you already use.

**You can try all instructions by clicking this link:**

[www.klab.it/codice/booking/](http://www.klab.it/codice/booking/)

You will only be able to book **one course at a time**, so that more members can access the activities. As soon as you finish the course, you will have the opportunity to reserve a new place.

**The instructor will have the list of those people booked and will check the names before the course starts.**

### **ATTENTION**

**We ask for your maximum collaboration**

After 3 times that you book and do not show up, the system automatically penalizes you by preventing any new bookings.

## **VIRTUAL KLAB:** The KLAB virtual gym

After the lockdown we wanted to allow you to continue training, convinced that motor activity could represent a lifeline for those who were forced to stay at home, a moment to free endorphins, to refresh themselves in the body and mind, to continue to be part of our COMMUNITY..

For this reason, we have made the “KlabLive” group available on social networks for everyone, including non-members, with program schedules and in-depth sections (Klabcoaching, Klabgenetics, Klabhealth). On the FB and IG pages we have also disseminated many video-workouts. With extraordinary results: in two months we have reached 7500 subscribers and hundreds of thousands of views.

The Lockdown accelerated a transformation likely to have happened in 4 or 5 years. It will be increasingly important to train and do it with quality, at any time and in any place.

We will continue to stream the lessons that we will do in Klab, **exclusively for our members**, thus allowing all those who cannot attend the course in person, to continue training with our trainers from the comfort of their own home.

This is why the youtube **virtual klab channel** was born: none of you will be forced to activate a FB account, just connect to youtube with your email (**important! The same that you communicated to us during the registration phase**) and you will automatically have access to the lessons.

The lessons will remain available within the VIRTUAL KLAB channel and you can review them whenever you want.

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DIMARIGNOLLE



# OUTDOOR SWIMMING POOLS AT MARIGNOLLE

Entrance to the outdoor pools will not require any reservations. Know that we have a maximum capacity of 285 people and, once reached, no one else will be able to enter until a seat is vacated. We reserve the right to re-evaluate this procedure in the first few weeks of opening in order to ensure full compliance with ministerial guidelines.

The crowd density in the solarium and green areas is calculated with an index of not less than 7 m<sup>2</sup> of walking surface per person. The crowd density in the water is calculated with an index of 7 m<sup>2</sup> of water surface per person.

The positioning of the equipment (sunbeds and umbrellas) will be regulated in order to guarantee the social distancing between people not belonging to the same family or cohabitants.

The beds will be sanitized before reopening and sanitized after each use.

## RULES FOR THE USE OF OUTDOOR SWIMMING POOLS

### ENTRANCE AND EXIT

At the entrance, your temperature will be measured. You will only be given access if it does not exceed 37.5 °.

### DISTANCES AND MASKS

When you move and cannot keep at least 1m away from other people you must always wear a mask.

### HYGIENE

At the entrance and in other places of the pools you will find dispensers with sanitizing gel.

Remember the usual rules of hygienic safety: before entering the bath water, provide an accurate soapy shower over the whole body; the use of a swimming cap is mandatory; it is forbidden to spit, blow your nose, urinate in water; very young children must wear containment diapers. Discard used tissue and masks immediately in suitable containers.

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Do not share water bottles, glasses and bottles and do not exchange items such as towels, bathrobes or other items with other users.

## **WATER AEROBICS COURSES**

The water aerobics classes in the lower zone pool are limited. The crowd density in the water is calculated with an index of 7 m<sup>2</sup> of water surface per person. You can reserve your place for the Aquagym course by contacting the bather assistant directly.

When waiting to enter the water, please keep 1 mt away from the others and wear your mask.

You can leave your bag with your personal items in a specially designated space, together with slippers and bathrobe.

At the end of the training we ask you to leave any equipment in the space indicated by the instructor so as to allow us to immediately identify those used for disinfection.

## **RECREATIONAL ACTIVITY**

All activities that involve gathering and do not guarantee the correct interpersonal distance will be prohibited.

## **LOCKER ROOMS**

Inside the changing room it will be mandatory to wear a mask until you enter the shower.

The use of the changing rooms will be limited, guaranteeing the social distance of at least 1 meter and will be periodically monitored by Klab staff.

The workstations and lockers that can be used will be appropriately marked to ensure adequate spaces.

All clothing and personal items must be stored in their bags, even if they are stored in the appropriate lockers.

The capacity of the changing rooms is calculated by guaranteeing 5sqm per person.