

SAFETY, FIRST. IT'S HOW WE SPARK.

Below are some sections highlighting how we're keeping everyone safe – from precautions made before you enter, to how to set yourself up, to how our riders can help.

We've updated our safety protocols in line with the measures, announced by the Swiss Federal Council on October 18th, effective October 19th.

As the situation evolves, we'll be fine-tuning and updating this page with the latest – feel free to check back.



Checking in

Keep it simple: To minimize contact time in the studio: come ready to work out, and limit studio time after class.

Face masks: The obligation to wear a face mask applies to all persons, at all times and all places, except when situated on bikes and when class has been started by the coach. Masks are to be worn again when class ends.

Know your number: For everyone's safety: upon entering the studio, we'll now be requiring temperature checks. If your temperature is above 38°C, you will not be permitted to ride.

Hands-free check-in: Just let reception know when you arrive, and they'll check you right in.

Limited studio hours: To minimize the number of people inside the studio at once, we'll now open only 15 minutes prior to class.

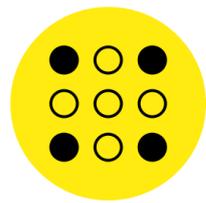
Shoes and shower towels: are distributed by our staff. Shower towels are available on request. You're also welcome to bring your own, if you prefer. And, if you plan to buy a pair of shoes: drop us a note, and we'll help point you to the appropriate pair.

Changing room: With distancing limitations: we strongly recommend that you arrive dressed for class. We'll be limiting the number of riders to a maximum of 6 in the female changing room and 3 in the male changing room, at a time.

Use of lockers: We request you bring a minimal amount of items with you. However, some lockers will be made available. Just look for the yellow smiley. Used lockers are disinfected after each class.

Water fountain restrictions: As an additional safety effort: we encourage you to bring your own water bottle, or purchase one in the studio – and reserve the fountain for emergencies. Only credit card payments will be accepted.

No late entries: Riders must arrive by five minutes before class starts, in order to ensure safe social distancing and sufficient time for setting up the bike.



Before riding

Class occupancy: Bikes are set up at safe distances, to keep yourself and other riders, safe. Please be sure to use your assigned bike, and not alter placement.

Bike set-up: If you need assistance, the coach will demonstrate set-up on the podium bike.



During your ride

Stay in place: Please help us stay safe, and stay on your bike, during class. We've also added plexiglass in front of our coach bike.

After your ride

Limited shower availability: Please note that we can only offer limited availability to showers, until further notice.

Amenities: have been removed from the changing rooms to limit points of contact.

Unlocking lockers: If you forget the combination of your locker, please wait until there are no riders at the front desk, and ask a staff member to help you.



Cleaning Protocols

Boosted cleaning efforts: On top of our regular in-studio hygiene and disinfection practices – including in-between-class bike and surface disinfecting – we are also conducting frequent deep cleans.

Hand sanitizers: Hand sanitizers are available throughout the studio. Additionally, extra disinfecting wipes are provided – if you'd like to personally clean your bike, before riding.

Shoe disinfection: Shoes are disinfected after each ride, and rotated, so they're not worn two classes in a row.

No-touch policy: Our staff will add an extra step of safety, by wearing gloves to prevent hand-to-hand contact.



Rider responsibility

In addition to respecting the safety guidelines and recommendations of the BAG/FOPH and the Canton of Zurich, we're asking all of our riding community to do their part, and help us keep each other safe.

Physical distancing: Please make sure to practice safe physical distancing when in close, shared spaces.

Person-to-person contact: Please avoid personal contact, including: high fives, hugs, etc.

Clean hands: Please clean hands, thoroughly – when you enter the studio.

Coughs and sneezes: In the event you need to cough or sneeze: please do so into your elbow, or a tissue. (Be sure and throw the tissue into a trash bin.)

COVID-19 symptoms: If you have a cough, fever, or any COVID-19 symptoms: we ask that you do not come to the studio.

Positive COVID-19 test results/close contacts: If you have tested positive for COVID-19, or have knowingly come into close contact with someone who has: we ask that you do not come to the studio, until you are not contagious anymore. Please follow rigorously the directives of the competent federal, cantonal, and communal authorities.

High risk: If you're part of a high-risk group – as defined in the FHOP guidelines – please do not visit the studio, until the authorities' guidelines are relaxed.

Recording contact details: In order to comply with articles 4 and 5 of the COVID 19 Ordinance Special Situation, we ask all riders to agree to a standard disclaimer at booking – confirming permission for the studio and/or the competent contact tracing authorities to use your contact details in case of a close contact in the studio with a person tested Covid-19 positive.

SwissCovid application: Please consider downloading and activating the SwissCovid app during your stay in the studio to track Corona infection chains.

