



COVID-19 instructions for spas and water parks

- COVID-19 is an infectious viral disease which spreads from person to person by means of the projection of aerosols, mainly though coming into close contact with infectious persons.
- If conditions are favourable, the virus can survive on contaminated surfaces for up to three days, but it can be destroyed through proper cleaning and disinfection.
- The risk of the spread of COVID-19 is at its highest in enclosed, crowded, and poorly ventilated rooms.
- The aim of the instructions is to provide guidelines to spas, water parks, and other similar undertakings for the safe provision of their services under the circumstances of the spread of COVID-19.
- **The work of the establishment should be organised by basing them on valid orders which have been issued by the Estonian government: [Measures and restrictions required to prevent the spread of COVID-19](#).**

The cleanliness of the premises and proper ventilation

- [It must be ensured that air which is mechanically supplied and removed in the form of a ventilation system is supplied through a system which is fully functional and which has been switched on.](#)
- The premises must be regularly cleaned and disinfected by using the usual methods and cleaning materials.
- Saunas and any swimming accessories which are in common use (such as sitting pads, swimming goggles, swimming caps, swim shoes, lifebuoys, swimming noodles, etc) must be cleaned after each use.
- The surfaces in the premises must be easy to clean and disinfect.
- Frequently used objects and surfaces (including counters, door handles, tables, chairs, toilets, etc) must be cleaned every two to four hours.
- Any textile objects which are used by customers must be washed in a washing machine at a temperature of at least 60°C by using a regular washing cycle.
- Any waste which may have come into contact with the virus (including personal protective equipment) must be collected in plastic bags which can be sealed at the top and disposed of as mixed domestic waste. Further information about waste disposal can be found here: <https://envir.ee/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida>.
- [The advice of the Health Board in terms of cleaning and disinfection](#) should be followed.

Coronavirus SARS-CoV-2 is a biological hazard

- As of 24 November 2022, coronavirus SARS-CoV-2 is deemed a biological hazard which is included in hazard group 3. The hazards in this group may cause severe illness in humans and are a serious threat to employee health.
- **In the case of any work which includes coming into contact with biological hazards, the employer must, during the course of carrying out the working environment risk analysis:**



- determine the type, extent, and duration of the risk of infection for the employee and assess the resulting risk to the employee's health;
- **consider where and how the employee may come into contact with the virus and map out all potential infection sites: office and production premises, non-work rooms, auditoriums, cloakrooms, etc.**
- Based on the risk analysis, the required precautions must be taken. [The precautions are introduced on the Labour Inspectorate's 'Tööelu' website.](#)

Customers

- Spas, water parks, and public swimming pools must check the **COVID-19 certificates of their customers** before those customers are allowed entry onto the premises (except in the case of open outdoor premises). Customers may take part in activities if they meet at least one of the criteria specified below:
 - 1) they are under twelve years of age;
 - 2) they are aged between 12-18, attend a general education school or a vocational educational institution, and do not exhibit any symptoms, and if the activity in question is related to sports training or practice, exercising, youth work, hobby activities, hobby education, refresher training, or continuing education.
 - 3) if their physician has decided that they cannot be vaccinated due to an underlying health condition and they can present the relevant certificate before they take part in the activity in question;
 - 4) they have had COVID-19 as specified in paragraph 5, have been vaccinated (while also having received an additional dose of the vaccine), or are deemed to be equivalent to a vaccinated individual and can present the relevant certificate before they take part in the activity in question;
 - 5) they are connected to the organisation of the activity in question, their employer has used the working environment risk analysis to prescribe and implement measures to alleviate risk in the specific location at which the activities are taking place, and the individual complies with the relevant requirements;
 - 6) they are the individual who is primarily responsible for organising the activity in question, or are a representative of this individual, or they are involved in carrying out emergency duties.
- **All patrons must wear a mask while they are on public indoor premises (except children who are under the age of twelve and those individuals who cannot wear a mask due to health considerations but who can present the relevant certificate).** [Please see the Health Board's website for guidance on how to wear a mask properly.](#)
- **Masks must be worn until wet rooms have been reached, ie. it is not necessary to wear a mask once the showers have been reached. A wet mask loses its efficiency in preventing the spread of the virus.**
- Please observe the rules which have been put in place in terms of providing catering services in spas and water parks where those rules have been laid down by this order.
- Visitors must be notified in three languages (EST, ENG, and RUS) via the business website and its social media accounts, and besides the entrance to the business premises, that that they should not visit water parks or spas under the following circumstances:
 - ✓ if they are required to self-isolate due to having been infected with COVID-19 or having come into close contact with an individual who has been diagnosed with COVID-19;
 - ✓ if they exhibit symptoms of an acute infectious respiratory disease (including mild rhinitis, a sore throat, an itchy throat, a cough, etc);
 - ✓ if there are restrictions in place regarding their freedom of movement which are applicable to them because they have returned from a country with a high COVID-19 infection rate. [Information on countries which are subject to restrictions on freedom of movement are listed here.](#)



- Customers should be encouraged to use the [HOIA](#) mobile phone app. The app notifies individuals who have come into close contact with a person who has tested positive for coronavirus (lasting at least fifteen minutes and within a distance of two metres).
- Customers must be able to wash their hands or, if this is not possible, to sanitise their hands.
- The means for sanitising one's hands must be installed in visible places by the main routes which are used by customers, including next to entries and exits.
- [Hand-washing](#) and [sanitising](#) stations must be equipped with the relevant instructions.
- Toilets must be equipped with plenty of soap and disposable towels for drying hands. From the perspective of infection prevention, it is safer to use disposable towels instead of hand dryers.

Employees

- The employer must make sure that all employees are aware of the main measures which can be implemented in order to prevent the passing-on of respiratory diseases.
- It must be stressed to employees that they are not permitted to come into work or to remain at work in the case of there being even the smallest suspicion of their having been infected. A procedure must be established in order to make sure that no employee who has fallen ill remains on the business premises.
- Close contact between employees and customers must be minimised.* If this is not possible, provide employees with personal protective equipment such as visors and masks.
- Employees should be advised to use the [HOIA](#) app. The app notifies individuals who have come into close contact (lasting at least fifteen minutes within a distance of two metres) with a person who has tested positive for coronavirus.
- Employees must be able to wash their hands regularly. The [instructions](#) which have been provided for washing hands must be followed.
- If it is not possible to wash one's hands, then hands must be sanitised with a hand antiseptic by following the respective [instructions](#). Visibly dirty hands must always be washed.
- A collective means of protection and personal protective equipment must be issued to employees based on the results of the risk analysis for the working environment, and training must be organised to demonstrate the proper and safe use of such equipment. [Instructions can be found on the Health Board's website.](#)
- Any waste which may have been contaminated with the virus (eg. tissues and masks, etc) should be disposed of pursuant to the following instructions: www.envir.ee/et/uudised/koroonajaatmedtulebteistest-eemal-hoida.
- Work clothing must be washed regularly using a procedure which is followed by all of the business employees. The clothing of any employee who has fallen ill must be washed immediately.
- Clothing or other tools and equipment which are used at work should not be taken home if possible.

If an employee falls ill with a respiratory disease (such as a fever or a cough, showing a lack of energy, or other symptoms)

- Any employee who falls ill outside of working hours must stay at home.
- Any employee who falls ill at work must leave immediately.



- The employee must contact their family physician who will determine whether or not that person should be diagnosed with COVID-19, plus their need to be tested, and the need to sign a certificate to show their incapacity for work.
- From the perspective of slowing down the spread of COVID-19, it is important for any employee who has fallen ill to notify their employer of their COVID-19 diagnosis being confirmed. The employer must be notified in a manner which has been agreed upon between the employee and the employer.
- If a diagnosis of COVID-19 is confirmed, the employer must identify all persons who have come into close contact with the employee who has fallen ill at their place of work and within the period after the employee had become symptomatic or up two days before they became symptomatic.* In the case of an asymptomatic employee, anyone who came into close contact with the employee in question within two days before the employee tested positive is deemed to be a close contact of that employee.*
[Further information about determining who is a close contact can be found on the Health Board's website.](#)
- Having been notified of an employee's COVID-19 diagnosis, the employer must cooperate with the Health Board's relevant regional department in order to identify the employee's work-related close contacts, and to provide them with instructions for the further organisation of their work.*
- Please enter the details of any work-related close contacts in the relevant table (the table is available [here](#)).
- Following your conversation with the Health Board, please send the table to the Health Board's respective regional department (you will receive the required contact details), and in an encrypted format.
- Close contacts must self-isolate for ten days, while monitoring their health condition carefully. Even though it is not compulsory to get tested, the Health Board advises close contacts to undergo SARSCoV2 testing after completing their ten-day self-isolation period in order to detect potential asymptomatic or pre-symptomatic cases. The duration of a close contact's self-isolation period can be calculated with the help of the [Estonian Family Physicians Association's isolation calculator](#).
- The requirement to self-isolate at one's residence or permanent place of abode for ten calendar days and take the coronavirus SARS-CoV2 test is not applied under the following circumstances:
 - a) the individual has had COVID-19 within the past 180 days;
 - b) the individual is fully vaccinated against COVID-19, has obtained full protection after the last vaccine dose, and has received the last vaccine dose within the past year;
 - c) the individual has had COVID-19, has received one vaccine dose, has obtained full protection after the last vaccine dose, and has received the last vaccine dose within the past year, or the individual has been infected with COVID-19 after their first vaccine dose, has recovered from COVID-19, and has taken the SARS-CoV-2 test which confirmed their diagnosis or have had their diagnosis confirmed in another manner within the past year.
- Any premises which may have been contaminated with the virus must be closed to third parties and should be cleaning cleaned, disinfected, and ventilated before reopening.
- [The advice of the Health Board in terms of cleaning and disinfection](#) should be followed.
- If the COVID-19 diagnosis is not confirmed for an employee who has fallen ill, all other employees may continue to carry out their duties, but must monitor their health over the following ten days.

**HANDS MUST BE WASHED:**

- before commencing work
- before handling heat-treated or ready-made food
- after handling or preparing food which was not heat-treated • after handling waste
- after carrying out cleaning operations
- after using the toilet
- after blowing your nose, sneezing, or coughing
- after eating, drinking, or smoking
- after handling cash

***CLOSE CONTACT IS CLASSED AS BEING:**

- direct physical contact with an individual who has been infected with COVID-19 (such as shaking hands)
- direct contact without any protection with secretions from the respiratory tract of a person who has been infected with COVID-19 (such as being coughed on)
- being within a distance of up to two metres of a person who has been infected with COVID-19 for at least fifteen minutes

Guidelines and advice are available at:

[The Health Board's COVID-19-related publications and instructions](#)

[The advice of the Veterinary and Food Office to food business operators in connection with coronavirus](#)

[The Labour Inspectorate's advice to the employer and employee](#)