



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 through 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 entry (except in open outdoor conditions). Customers may take part in the activities if they meet at least one of the criteria specified below:
 - 1) the individual is under eighteen years of age;
 - 2) the individual has special needs due to which it would not be reasonable to test them pursuant to the procedure laid down by paragraph 15, taking into consideration their current health condition;
 - 3) the individual has had COVID-19, is fully vaccinated, or is considered to be at an equivalent to a fully-vaccinated individual, and presents a certificate which proves the aforementioned circumstances before getting involved in any activities;
 - 4) the individual is an employee who is related to the respective activity and is subject to the measures for the alleviation of those risks which may be present at the specific workplace and which have been prescribed and implemented by the employer, and the individual has complied with those measures;
 - 5) the individual is responsible for the respective activity or is a representative of the person responsible for that activity, or is involved in relief efforts;
 - 6) the individual presents a certificate showing that they have tested negative for SARS-CoV-2. To that end, the test must have been carried out by a health care provider under the following circumstances:
 - a SARS-CoV-2 antigen RTD test must have been taken within up to 48 hours before taking part in the activity;
 - a SARS-CoV-2 RT-PCR test must have been taken within 72 hours before taking part in the activity.
 - The person who is responsible for the activity may also organise SARS-CoV-2 antigen RTD testing on-site pursuant to the [Health Board's instructions](#). Only those individuals who test negative may take part in the activity. These requirements are also deemed to have been complied with if the individual has taken a SARS-CoV-2 antigen RTD test which has been designed for self-testing at an establishment which holds the activity licence of a general pharmacy pursuant to the [Health Board's instructions](#), and within a period of forty-eight hours before taking part in the activity concerned, as long as the test result came back negative.
- On any public premises for which COVID-19 certificates are not checked, masks must be worn or mouths and noses must be covered. [Please see the Health Board's website for guidance on how to wear a mask properly.](#)
- Please observe the rules which have been laid down by this order for providing catering services at spas and water parks.
- Visitors must be notified via the business website and its social media accounts, and beside the entrance to the business premises in three languages (EST, ENG, and RUS) that they should not visit water parks or spas 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;
 - ✓ they exhibit symptoms of an acute infectious respiratory disease (including mild rhinitis, a sore throat, an itchy throat, a cough, etc);



- ✓ there are restrictions in place regarding 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 requirements for freedom of movement restrictions](#).
- Customers should be encouraged to use the [HOIA](#) mobile phone 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.
- 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 being used by the customers, including next to entries and exits.
- [Hand-washing](#) and [sanitising](#) stations must be equipped with the respective 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/koroonajaatmed-tuleb-teistest-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 SARS-CoV-2 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 COVID19 (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](#)