



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 close contact with infectious persons.
- If the conditions are favourable, the virus can survive on contaminated surfaces for up to three days, but it can be destroyed through 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 always be organised by observing valid regulations and requirements which have been issued by the government of the republic of Estonia: it is necessary to implement such measures and restrictions in order to prevent the spread of COVID-19 (as published in the State Gazette).

The cleanliness of the premises and providing proper ventilation

- It must be ensured that air that is mechanically supplied and removed in the form of a ventilation system is supplied through a system that is fully functional and which has been switched on. The requirements that are laid out in regulation No 8 by the Minister of Economic Affairs and Infrastructure of 2 April 2020 on the [further requirements for the ventilation and aeration of a social welfare institution building or a non-residential building during the state of emergency](#) must be followed.
- The premises must be regularly cleaned and disinfected by using the usual methods and cleaning materials.
- Saunas and any swimming accessories that are in common use (such as sitting pads, swimming goggles, swimming caps, swim shoes, lifebuoys, swimming noodles, etc) must be cleaned after each use.
- All 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 in 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: www.envir.ee/et/uudised/koroonajaatmed-tuleb-teistest-eemal-hoida.
- All premises and surfaces must be cleaned pursuant to [the Health Board's advice in terms of cleaning and disinfection](#).

Customers

- Face masks must be worn when entering the building and in any part of indoor premises which are in public use. Masks must also be worn in the changing rooms up to the point at which the individual enters the shower. After taking a shower, a face mask must be put back on as soon as possible in the changing room. [Please see the Health Board's website for detailed instructions on how to wear a mask properly](#). Wearing a mask is not compulsory for individuals who have a justified medical reason for not doing so, or who need to communicate with an individual with hearing difficulties who must be able to read their conversation partner's lips, as well as for children under twelve years of age.
- The number of customers on a business premises may never exceed 50% of the maximum capacity. Capacity is calculated by taking the total volume of available floor space in terms of square metres



which is intended for customer use and the surface area of the premises which is designed for use by customers.

- Within indoor premises no more than two people may walk together, and the pair must stay at least two metres away from any other individuals. This requirement is not applicable to families in a situation in which it is not reasonably possible to observe the requirement.
- Notifications for visitors must be included on the business website and its social media accounts, and alongside the entrance to the business premises, and in three languages (EST, ENG, and RUS) so make it clear 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 on freedom of movement that 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 the requirements for freedom of movement.](#)
- The business must give its customers the opportunity to register their personal details (name and telephone number). It should be disclosed to customers that such details are disclosed on a voluntary basis. The details will be used later if it becomes necessary to notify the customer of any potential contact with an individual who has been infected.
- Customers should be encouraged to use the [Hoiu](#) 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 that are used by customers, including next to entries and exits.
- [Hand-washing](#) and [sanitising](#) stations must be equipped with 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

- As of 24 November 2020, COVID-19, which is officially referred to as SARS-CoV-2 (severe acute respiratory syndrome coronavirus 2) is included in hazard group 3 for biological hazards. In the case of any work that is accompanied by a risk of coming in contact with biological hazards, the employer must determine the type, extent, and duration of the risk to the employee of being infected in the course of their working environment risk analysis and, based on this, an assessment must be made of the level of risk for the employee's health, with all necessary precautionary measures being implemented. [The precautions are introduced on the Labour Inspectorate's 'Tööelu' website.](#)
- Wearing a mask or covering one's nose and mouth in public indoor spaces is compulsory, as is also the case in the service areas of service providers, and on any other premises which are in public use. Wearing a mask is not compulsory for children under twelve years of age, or for individuals who have a justified medical reason for not doing so, or who need to communicate with an individual who has hearing difficulties and who must be able to read their conversation partner's lips. [Please see the Health Board's website for detailed instructions on how to wear a mask properly.](#)
- 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 [Hoiu](#) 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](#) that 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.
- 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 show 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 (such as tissues, 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 regularly washed 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.
- In the case of product presentations being organised (such as food or cosmetic products which are accompanied by a high risk of cross-contamination, such as lipsticks or mascara), where possible the appropriate facilities must be provided to those persons who are tasked with presenting the products and to customers so that all parties are able to sanitise their hands, while all parties should be encouraged to maintain the required social distancing and to wear masks.

If an employee falls ill with a respiratory disease
(fever, cough, lack of energy, and other symptoms)

- An employee who falls ill outside of working hours must stay at home.
- An 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 for a certificate to be signed to show their incapacity for work.
- From the perspective of slowing down the spread of COVID-19, it is important that any employee who has fallen ill notifies their employer if their COVID-19 diagnosis is confirmed. The employer must be notified in a manner which has been agreed between the employee and the employer.
- Having been notified of an employee's COVID-19 diagnosis, the employer must cooperate with the regional department of the Health Board to identify the employee's work-related close contacts and to provide them with instructions for the further organisation of their work.
- Any premises which may have been contaminated with the virus must be closed to third parties and should be cleaned, disinfected, and ventilated before reopening.
- [The advice of the Health Board in terms of cleaning and disinfection](#) should be followed.
- If a diagnosis of COVID-19 is confirmed, the employer must identify all persons who have come into close contact with an employee who has fallen ill at their place of work within the period after the employee has become symptomatic or up until two days before they became symptomatic.* The employer must cooperate with the Health Board's appropriate regional department to determine close contacts.
- Close contacts must stay at home for a period of fourteen days and should monitor their health condition carefully. The duration of the required period of self-isolation can be reduced by testing negative for SARS-CoV-2 at least ten days after having come into close contact with an infected person.



- Remaining employees may continue to carry out their daily duties, but should also keep an eye on their health.
- If a 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 fourteen days.

HANDS MUST BE WASHED:

- before commencing work
- before handling heat-treated or ready-made food
- before shaking hands
- after handling or preparing food which was not heat-treated
- after handling waste
- after carrying out cleaning operations
- after using the toilet
- after blowing one's 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](#)