



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 an aerosol, mainly through 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 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 for spas, water parks, and other, similar undertakings for the safe provision of their services under the circumstances that involve the spread of COVID-19.

The cleanliness of the premises and proper ventilation

- It must be ensured that air that is mechanically supplied and removed in the form of a ventilation system, and that such a system is fully functional and has been switched on. The requirements of regulation No 8 by the Minister of Economic Affairs and Infrastructure of 2 April 2020 on [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 by using the usual methods and cleaning materials.
- The premises must be regularly cleaned and disinfected by using the usual methods and cleaning materials.
- Any sauna and swimming accessories that are in common use (sitting pads, swimming goggles, swimming caps, swim shoes, lifebuoys, swimming noodles, etc) must be disinfected 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.
- [The advice of the Health Board in terms of cleaning and disinfection](#) should be followed.
- The number of customers on the business premises may never exceed 50% of the maximum capacity. Capacity is calculated based on the total volume of 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. The business must be prepared to present the rental contract for the premises or its fire safety plan which specifies this information if required to do so.
- 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 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 freedom of movement](#).
- The business must give 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 potential contact with an individual who has been infected.



- It must be ensured that anyone who is using the business premises is maintaining the required social distancing from anyone else on the premises (approximately two metres). Information materials and The required signage must be displayed to facilitate this
- 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 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

- The employer must make sure that all employees are aware of the main measures which can be implemented 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. Procedures 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](#) 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.
- Work clothing must be washed regularly using a procedure which is followed by all 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 having to organise product presentations (such as food or cosmetic products which are accompanied by a high risk of cross-contamination, such as lipsticks or mascara), where possible facilities must be provided to those persons who are tasked with presenting the products and to customers too so that all parties are able to sanitise their hands and all parties should be encouraged to maintain the required social distancing and 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 signing 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 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 thoroughly 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 had close contact with an employee who has fallen ill at their place of work within the period after the employee had become symptomatic or up until two days before they became symptomatic.* The employer must cooperate with the regional department of the Health Board to determine close contacts.
- Close contacts must stay at home for a period of fourteen days and 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 the close contact incident.
- 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;
- 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](#)