

OUR CORONA POLICY

The coronavirus has a major impact on our daily lives and our entire society. Since October, the measures have been tightened up again and there are strict guidelines that we want and have to adhere to. We therefore ask you to observe the following measures. We look forward to welcoming you in this way and hope to still help you flourish during these times.

There can be a maximum of 10 participants during each flourishing class and we keep a distance of at least 1.5 meters.

Before the start of the flourishing class:

- Are you not feeling well, do you have a cold or are you coughing? Please contact us via info@kwekerijamsterdam.nl to exchange your ticket for a new flourishing class.
- When entering De Kas, you have to **wear a face mask** as long as you are not sitting at your own place. We also ask you to put on your face mask when you walk through the room (to grab a drink, or to go to the toilet, etc.).
- At the entrance you have to clean your hands with the disinfectant that we have for you.
- Keep 1.5 meters distance from the participants and the trainers.
- You can take a seat at one of the chairs. During the flourishing class you always return to your own spot, you are not allowed to change chairs.
- One of the trainers will be behind the bar, where you can get coffee, tea or water. It is **only possible to pay contactless** with PIN.

During the flourishing class:

- Keep the 1.5 meters distance.
- During the interactive exercises we ensure that participants have no physical contact with each other and stay at an appropriate distance.
- You stay at your chair as much as possible.
- During the break, you also stay as much as possible at your own place or go outside.
- If you go outside: never stand together with more than 3 people and keep 1.5 meters distance from each other. When you walk through the room during the break, we ask you to put on your face mask again.
- During the break, (non-alcoholic) drinks can be ordered at the bar.
- After the break please **disinfect your hands** again.



After the flourishing class:

- Unfortunately, due to the new measures, we no longer have the possibility to serve drinks after the flourishing class. However, there is time to calmly pack your things and finish the last conversation.
 - When going home, stay outside as little as possible in groups. Always keep a distance of 1.5 meters and never stand together with more than 3 people.
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