

CODE OF CONDUCT

OUTDOOR TRAINING AREA

AIR AND HYGIENE

1. **Wash your hands** before and after training and use the provided disinfection.
2. Use the provided disinfectant bottles (spray bottles) and paper towels to **clean contact areas** on equipment.
3. Use a **towel** when using all kinds of equipment or mats.
4. **Clean sports clothing** and **clean sports shoes** are required.
5. **Do not train topless.**

SAFETY AND HELP

6. **Independent training** requires **knowledge of how to use the equipment correctly**. Make an appointment for briefing by a trainer at the reception if needed.
7. In case of an emergency **first-aid treatment** is **obligatory**.
8. **No unattended children** in the outdoor training area.
9. Every **violation** of the **anti-doping law** results in a ban from training and loss of membership.

EQUIPMENT

- 10.** Report **defective equipment immediately**.
- 11.** Put weights and equipment down **gently** and **silently**.
- 12.** **Do not relocate** stationary equipment / machines.
- 13.** **Do not adjust** music channel.

CONSIDERATION

- 14.** **Do not block equipment/machines** during longer set breaks.
- 15.** During conversations and phone calls keep a **low volume**. For longer **phone calls** move to the staircase.

MONITORING

- 16.** Wear your **key band** visible on your wrist.