

CODE OF CONDUCT

FITNESS ROOM – GYM

AIR AND HYGIENE

1. For good ventilation at least a few **windows** should be always open.
If **outdoor temperatures are very low** or if **air-condition is activated**, windows are kept closed and should only be opened for a short period of time to ensure fresh air circulation.
2. **Wash your hands** before and after training and use the provided disinfection.
3. Use the provided disinfectant bottles (spray bottles) and paper towels to **clean contact areas** on equipment.
4. Use a **towel** when using all kinds of equipment or mats.
5. **Clean sports clothing** and **clean sports shoes** are required.
6. **Do not train topless.**

SAFETY AND HELP

7. **Independent training** requires **knowledge of how to use the equipment correctly**. Make an appointment for briefing by a trainer at the reception if needed.
8. In case of an emergency **first-aid treatment** is **obligatory**.

9. **No unattended children** in the fitness room.
10. Every **violation** of the **anti-doping law** results in a ban from training and loss of membership.

EQUIPMENT

11. Report **defective equipment immediately**.
12. Put weights and equipment down **gently** and **silently**.
13. **Do not relocate** stationary equipment / machines.
14. **Do not adjust** TV channels, music channel or air-conditioning.

CONSIDERATION

15. Before **opening windows** get **consent** of other members in the area.
16. **Do not block equipment/machines** during longer set breaks.
17. During conversations and phone calls keep a **low volume**. For longer **phone calls** move to the staircase.

MONITORING

18. Wear your **key band** visible on your wrist.