

CODE OF CONDUCT

GYMNASTICS HALLS

AIR AND HYGIENE

1. For good ventilation at least a few **windows** should be always open.
If **outdoor temperatures are very low**, 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 training on mats.
5. **Clean sports clothing** and **clean sports shoes** are required.
6. **Do not train topless.**

SAFETY AND HELP

7. In case of an emergency **first-aid treatment** is **obligatory**.
8. **No unattended children** in the gymnastics halls.
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**.

CONSIDERATION

12. Before **opening windows** get **consent** of other members in the area.
13. During conversations and phone calls keep a **low volume**. For longer **phone calls** move to the staircase.

MONITORING

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