

FENRIZ

OUR HOUSE RULES

THE HOUSE RULES SERVE TO MAINTAIN A TRAINING CULTURE IN WHICH EVERYONE CAN FEEL SAFE AND COMFORTABLE. THIS PRESUPPOSES THAT THE HOUSE RULES AND THE INSTRUCTIONS OF THE STUDIO STAFF ARE FOLLOWED. PLEASE ALWAYS TREAT OTHER TRAINEES AND OUR STUDIO STAFF IN A FRIENDLY AND RESPECTFUL MANNER AND TREAT OUR STUDIO AND INVENTORY WITH CARE.

1. PRINCIPLE

- AT FENRIZ GYM WE ALL TRAIN TOGETHER, REGARDLESS OF OUR ETHNIC, POLITICAL, SEXUAL AND RELIGIOUS IDENTITIES. WE ARE UNITED BY OUR ENTHUSIASM FOR SPORT AND MUTUAL RESPECT IS THE BASIS ON WHICH WE MEET AS EQUAL INDIVIDUALS. BEHAVIOUR THAT ENDANGERS THIS BASIS, BE IT THROUGH SEXISM, HOMOPHOBIA, RACISM, ANTI-SEMITISM OR OTHER POLITICAL IDEAS THAT DENY THE FUNDAMENTAL EQUALITY OF PEOPLE, WILL NOT BE TOLERATED AT FENRIZ GYM.

2. HYGIENE

- OFFSIDE OF THE MATS AND TRAINING AREAS, CLEAN BATHING SHOES OR FLIP-FLOPS MUST BE WORN IN THE ENTIRE GYM.
- DEPENDING ON WHAT IS NECESSARY, YOU MAY TRAIN BAREFOOT OR WITH CLEAN TRAINING SHOES ON THE TRAINING AREAS,
- FINGERNAILS AND TOENAILS ARE TO BE KEPT CLEAN AND SHORT.
- TRAINING IS NOT PERMITTED IN THE EVENT OF AN INFECTIOUS DISEASE.

3. SPORTSWEAR

- SPORTSWEAR MUST BE WASHED AND MUST NOT HAVE ANY BUTTONS, ZIPPERS OR POCKETS.
- JEWELLERY MUST BE REMOVED OR TAPED BEFORE TRAINING.
- THE UPPER BODY MUST BE COVERED. THIS APPLIES BOTH DURING THE COURSES AND DURING INDEPENDENT TRAINING. EXCEPTIONS ARE ONLY MADE IN CONSULTATION WITH THE COACHES.

4. GLASS CONTAINERS

- GLASS BOTTLES AND CONTAINERS ARE NOT ALLOWED IN THE GYM.

5. BEHAVIOUR IN THE FITNESS AREA

- ALL TRAINING EQUIPMENT IS TO BE TREATED WITH CARE AND LEFT IN A TIDY CONDITION.
- MOVABLE EQUIPMENT SUCH AS DUMBBELLS, PLATES AND THE LIKE MUST BE RETURNED TO THEIR PLACE AFTER USE.
- PLEASE USE A TOWEL DURING TRAINING AND ALWAYS PLACE IT ON THE MACHINE OR BENCH YOU ARE USING.

6. BEHAVIOUR DURING COURSES

- YOU HAVE TO BE ON TIME FOR THE START OF THE COURSES.
- AT THE BEGINNING AND END OF A COURSE, WE GREET AND SAY GOODBYE TO THE COACHES AND OTHER COURSE PARTICIPANTS.
- TRAINING EQUIPMENT SUCH AS GLOVES, SKIPPING ROPES AND PADS MUST BE RETURNED TO THEIR DESIGNATED PLACE AFTER USE.

7. EATING AND DRINKING

- EATING IS ONLY ALLOWED OFFSIDE OF THE TRAINING AREAS.

8. RECORDINGS AND CELL PHONE USAGE

- WHEN MAKING PRIVATE PHOTOS AND FILMS, THE PERSONAL RIGHTS OF THIRD PARTIES (RIGHTS TO ONE'S OWN PICTURE) MUST BE RESPECTED. IF THIRD PARTIES ARE ACCIDENTALLY RECORDED, THESE RECORDINGS MUST BE DELETED IMMEDIATELY.
- THE MAKING OF COMMERCIAL PHOTOS AND FILMS WITHOUT THE PERMISSION OF FENRIZ IS PROHIBITED. PHOTOGRAPHY AND FILMING IN THE SHOWER AREA AND IN THE CHANGING ROOMS, FOR WHATEVER PURPOSE, IS PROHIBITED.
- MAKE SURE THAT YOUR FELLOW TRAINEES ARE NOT DISTURBED BY YOUR MOBILE PHONE USE.

9. CHANGING AND WET ROOMS

- IN THE INTEREST OF ALL MEMBERS, THE CHANGING AND WET ROOMS MUST BE LEFT CLEAN.

10. SPORTSBAGS AND VALUABLES

- FENRIZ ASSUMES NO LIABILITY FOR VALUABLES BROUGHT ALONG, SUCH AS JEWELLERY, MONEY, EQUIPMENT OR CLOTHING.
- WE RECOMMEND THAT YOU PLACE YOUR SPORTSBAG IN THE SHELVES ALONG THE TRAINING AREAS.

11. PROHIBITED SUBSTANCES

- PROHIBITED SUBSTANCES, SUCH AS ANABOLIC SUBSTANCES AND STIMULANTS (ACCORDING TO THE CURRENT NADA BAN LIST) AND THE POSSESSION, CONSUMPTION AND TRADING OF THESE SUBSTANCES BY FENRIZ MEMBERS IS GENERALLY UNDESIRABLE AND PROHIBITED ON THE PREMISES OF FENRIZ GYM. IF WE BECOME AWARE OF THIS, THIS WILL LEAD TO A HOUSE BAN AND POSSIBLY TO A CRIMINAL COMPLAINT. ALCOHOL, CIGARETTES AND NARCOTICS OF ANY KIND AS WELL AS TRAINING UNDER THE INFLUENCE OF ALCOHOL OR NARCOTICS IS PROHIBITED IN OUR STUDIO.

12. DISREGARDING THE HOUSE RULES

- DISREGARDING THE HOUSE RULES CAN LEAD TO TEMPORARY EXCLUSION FROM TRAINING. IN THE EVENT OF REPEATED, SERIOUS OR INTENTIONAL MISCONDUCT IT CAN LEAD TO PERMANENT TERMINATION OF THE MEMBERSHIP.