

## Code of Conduct at Sportquest

Thank you for participating in our activities – we really appreciate it! We try to let our athletes explore their own boundaries in a safe, responsible and fair way.

We have written down a few rules and regulations to help ensure a code of conduct. Please be attentive and read all our rules.

- Don't train with any symptoms of illness. Entry is not permitted if you have or had any health issues like a cold, sprain or fever within the last 72 hours
- Ask for medical advice if needed and notify us about the use of medication, injuries and such.
- Entrance is only permitted with a reservation - try to do this 24 hours in advance. Register at the counter when you arrive - delete your reservation if you are not able to come to open up your spot to others. If nobody reserved a spot 24 hours in advance, we can delete a time slot.
- Disinfect your shoes near the front door or change them and disinfect your hands at the counter
- Disinfect your hands and clean the toilet after use
- Clean the barbell and all other materials you handled and put them back in their place once you're finished with them. Use equipment with care - 111-rule - one spot, one bar, one person
- Load the biggest plates as soon as possible: from 5 → 10 → 15 → 20 → 25 kg.
- For your own safety: Make sure your training spot is safe, free of clutter and keep your distance at all times (1.5 m or even more if needed)
- Use of your own magnesium is allowed but not provided
- Pure Power – no drugs, doping and/or alcohol is ever allowed. Usage of these substances can result in a ban
- Only water in your own drinking bottle is allowed near your platform. Keep other drinks & foodstuffs near the kitchen
- Follow the instructions given to you by our staff and don't be afraid to ask for help or advice if needed. Refrain from giving unsolicited or unprofessional help or advice to others
- If you want to take a picture or record a video, ask for permission of everyone in the image
- Don't be shy, introduce yourself to others and train with and not against others
- Respect your limits and the limits of others. There is no need to show off, we like you just the way you are
- Nourish positive energy. Don't be aggressive, violent or curse
- Don't discriminate or ridicule someone's religion, sexual orientation or appearance
- A good atmosphere is important but remember that you are a guest and it's not your private home. Respect each other accordingly
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If you have any complaints or comments, you can contact our counselor through our website at [www.sportquest.nl](http://www.sportquest.nl) or contact the counselor at the Dutch Weightlifting association.

