

WELL TAKEN CARE OF AT SPORTFONDSEN

➤ Sportfondsen house rules

GENERAL

VISITORS TO SPORTFONDSEN:

- › are expected to comply with these house rules.
- › are expected to observe the opening hours of the facility.
- › must follow the instructions of Sportfondsen staff immediately and fully.
- › may not provide courses, training, instruction or advice for payment within the facility, unless prior written permission has been granted by Sportfondsen.
- › use the facility without causing inconvenience to others.



ACCESS

VISITORS TO SPORTFONDSEN:

- › must show their admission ticket, which is strictly personal, upon request by Sportfondsen staff. In the event of misuse, the admission ticket will be confiscated without refund and access to the facility may be denied.
- › may be asked to show valid identification in accordance with legal identification requirements.
- › may only enter sports areas wearing appropriate sportswear. Clothing must be suitable and representative for its intended use.
- › may not bring pets into the facility or outdoor swimming pool. Exceptions for assistance dogs may be arranged in consultation with the facility.



LOCKERS AND CHANGING ROOMS

VISITORS TO SPORTFONDSEN:

- › must store clothing in the designated lockers near the changing rooms or on the provided hooks in the changing rooms. When the outdoor pool is open, clothing may be taken to the sunbathing area.
- › are advised to leave valuables at home. Items cannot be stored with Sportfondsen or its staff.
- › are aware that Sportfondsen staff are authorized to remove unattended clothing and/or belongings from lockers, changing rooms, or elsewhere in the facility after closing time.
- › must take their children to the changing room corresponding to the gender of the parent or guardian.
- › may not wear outdoor shoes beyond the changing rooms for hygiene reasons. Flip-flops and indoor-only sports shoes are permitted.
- › may only use soap and/or shampoo in the shower areas.
- › are required for hygiene reasons to use a towel in certain situations, such as in the sauna cabin and fitness area.



USE OF THE SPORTS HALL

VISITORS TO SPORTFONDSEN:

- › may only use facility materials for their intended purpose and must leave everything neat and clean after use.
- › may not warm up or use balls in corridors or changing rooms.
- › may not use resin, magnesium, chalk, or similar substances except under specific conditions and with explicit written permission from Sportfondsen.



USE OF THE ICE RINK

VISITORS TO SPORTFONDSEN:

- › are strongly advised to wear gloves and a helmet.
- › may only enter the ice wearing skates or, for specific sports such as curling, appropriate footwear.
- › must skate counterclockwise. Skating in the opposite direction is strictly prohibited.
- › on the 400-meter track, speed skaters and stayers must use the inner lane; slower skaters should keep to the outer side.
- › may not use sticks and/or pucks during recreational skating.
- › may not enter the infield (grass area) of the outdoor rink or sit on the rink barriers.
- › may not skate on speed skates ("noren") in the ice hall except during designated times or skating lessons organized by skating clubs.
- › are entitled to good ice conditions. This is assessed by Sportfondsen specialists, which may result in additional or skipped resurfacing breaks.
- › must leave the ice when resurfacing is required and follow instructions from Sportfondsen staff.
- › may not leave paper or other objects on the ice due to injury risks.
- › may only use corner protection equipment after consultation. The ice rink is generally offered without corner protection.
- › may not bring food or drinks onto the ice.



USE OF THE FITNESS AREA

VISITORS TO SPORTFONDSSEN:

- › must use a clean towel on every machine or mat.
- › may use mobile phones, but not for making calls or taking photos.
- › must wear clean, dry, non-marking sports shoes.
- › must wear appropriate clothing; exercising with a bare upper body is not permitted.
- › must clean equipment after use using the provided cleaning materials.
- › must return weights, plates, and equipment to their proper place after use.
- › may not occupy machines during rest periods and should share equipment with other visitors when necessary.



USE OF THE SWIMMING POOLS

VISITORS TO SPORTFONDSSEN:

- › must shower before using the swimming pool in the designated shower areas.
- › may only enter the pool wearing swimwear.
- › may only dive in water with a minimum depth of 1.40 meters.
- › may not run for safety reasons.
- › children up to and including 7 years old may only access the pool under the supervision and responsibility of a swimming parent or guardian aged at least 18 years.
- › who cannot swim or are insufficiently skilled swimmers are required to wear swimming armbands or a swimsuit aid meeting the NEN-EN 13138-1 safety standard. Other flotation devices are permitted if they meet this standard.
- › who cannot swim or are insufficiently skilled swimmers may only enter parts of the pool where they can stand with head and shoulders fully above water and not in the deeper parts of the pool, unless accompanied closely by a competent adult swimmer and using adequate flotation devices.
- › may only use slides and the wild water river when the water flow is active. Standing, jumping, walking, or carrying objects on the slides or wild water river is strictly prohibited for safety reasons. Sportfondsen is not liable for damage to swimwear caused by use of the slides.
- › may not bring personal flotation devices such as air mattresses, boats, hard balls, or tennis balls into the pool.
- › must understand that Sportfondsen may close or keep the outdoor pool closed during poor weather conditions, such as thunderstorms.



USE OF SKITTLE/BOWLING LANES

VISITORS TO SPORTFONDSSEN:

- › may not wear regular shoes on the lanes.
- › may not consume food or drinks on the lanes.
- › must wait at the ball return until the ball has completely exited the machine.
- › must wait to throw the ball until the lane is ready.
- › must keep an appropriate distance and not approach the lane while someone else is bowling.



USE OF SAUNA, STEAM OR INFRARED CABINS

VISITORS TO SPORTFONDSSEN:

- › are required to use a clean towel in the sauna cabin and place it underneath their body.
- › may not wear clothing or footwear in the sauna cabin, although swimwear is mandatory when facilities are directly connected to a swimming pool.
- › must shower before entering the cabins.
- › must be at least 16 years old to enter the sauna. Children aged 12 to 16 are only allowed under the supervision of a parent or guardian aged 18 or older. Children under 12 are not permitted.
- › must refrain from behavior that may disturb other visitors, such as loud talking, using mobile phones, or bringing food and drinks into the cabins.
- › may not bring glass or breakable objects into the cabins.
- › are advised to consult a doctor beforehand if in doubt about health risks. Sportfondsen advises people with cardiovascular conditions, pregnant women, and people with low blood pressure to exercise extra caution.
- › must leave the area immediately if feeling unwell and notify staff.



USE OF KIDSPLAZA

VISITORS TO KIDSPLAZA:

- › may only play under the supervision and guidance of a parent or guardian aged 18 or older.
- › may not use the play equipment if they are 13 years old or older.
- › understand that the toddler zone is intended for children up to and including 4 years old.



- > must follow the instructions/rules displayed for the various play equipment.
- > must wear socks at all times when using the play equipment.
- > may not wear face paint while using the play equipment.
- > must remove sharp objects from clothing and remove jewelry from playing children.
- > may only use the slide while seated and individually.
- > may not use the trampolines with more than one person at a time.
- > may only consume food and drinks at the designated tables in the catering area.
- > will not be served alcoholic beverages if under 18 years old.
- > must keep public areas clean and report any defects.
- > must dispose of waste in the designated bins.
- > must report any sanitary accidents to staff.

FOOD, DRINKS AND SMOKING

VISITORS TO SPORTFONDSSEN:

- > may not bring glassware or cool boxes into the facility. Various food and beverages are available on site.
- > may be subject to a bag inspection in case of doubt. Refusal to cooperate may result in denied access or removal from the facility.
- > may not take glassware or breakable materials outside the catering area.
- > may not smoke inside the facilities. This also applies to hookahs and e-cigarettes. Smoking is only permitted in specifically designated areas.



SAFETY

VISITORS TO SPORTFONDSSEN:

- > must refrain from unwanted intimate behavior or harassment.
- > may only open emergency exits in case of emergency. Misuse of emergency exits and fire alarms will be penalized; costs incurred by emergency services will be recovered from the offender.
- > must contact Sportfondsen staff in the event of emergencies. First aid kits are available at various locations throughout the facility.
- > who have an illness or disability requiring additional supervision or assistance must report this in advance to the Sportfondsen staff responsible for supervision/guidance.
- > are aware that cameras are used in various locations for surveillance purposes. In the event of incidents, footage may be used as supporting evidence and handed over to police and judicial authorities.
- > understand that photo and/or video equipment, intended only for recording personal acquaintances, may only be used with the permission of Sportfondsen staff. In the event of unauthorized use, the equipment may be temporarily confiscated.
- > are aware that Sportfondsen processes personal data in accordance with the General Data Protection Regulation (GDPR). The privacy statement is available on the website and upon request at reception.
- > may not bring dangerous objects, weapons, or drugs into the facility.
- > understand that in cases of excessive crowding, Sportfondsen is entitled to limit the number of visitors. Sportfondsen also reserves the right to change opening hours and/or close the facility partially or entirely.
- > must immediately warn staff or activate the nearest fire alarm if smoke or fire is detected. An emergency response plan is available at reception.
- > must park their vehicles in such a way that others are not inconvenienced and safety is not compromised, otherwise the vehicle may be removed.



ACCESS WILL BE DENIED OR STAY TERMINATED

IF VISITORS TO SPORTFONDSSEN:

- > fail to follow instructions from Sportfondsen staff.
- > pose a danger to public health, at Sportfondsen's discretion.
- > are clearly under the influence of alcohol and/or drugs.
- > display criminal, dangerous, inappropriate, disruptive, or unhygienic behavior.



LIABILITY

FOR VISITORS TO SPORTFONDSSEN:

- > visits to the Sportfondsen facility are entirely at their own risk.
- > Sportfondsen is not liable for loss, theft, or damage to visitors' belongings unless caused by intent or gross negligence on the part of Sportfondsen.
- > visitors will be held liable for damage caused to Sportfondsen property.

