

Code of Conduct

Hi everyone!

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

We have written down a few rules and regulations to help ensure our code of conduct.

Please:

- Write your name on the list and pay at the counter.
- Ask for any medical advice if needed and notify us about the use of medication, (possible) injuries and such.
- Follow the instructions given to you by our staff and don't be afraid to ask for help or advice if needed. Please don't give unsolicited or unprofessional help or advice to others.
- If you want to take a picture or record a video, make sure to ask for permission of everyone in the image.
- Don't be shy! Introduce yourself to others, if it's necessary do it a second or a third time! :)
- Train with others and not against them.
- Respect your limits and the limits of others as well. No need for showing off – we like you just the way you are!
- Use positive energy. No aggression, violence or cursing.
- Don't discriminate or ridicule someone's religion, sexual orientation or appearance.
- Pure Power – no drugs, doping and/or alcohol is ever allowed. The use of such substances at our gym will have consequences.
- Water in the lifting area is allowed and feel free to take it from our kitchen! Keep other drinks in the kitchen though and put the used cups in the sink.
- A good atmosphere is important but remember, you're not at home or at a community center.
- Wash your hands when you arrive and after going to the toilet.
- Make sure you clean the barbells and other materials and put them back in their place once you're finished with them. Use them with care.
- Put on the heavier 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.

If you have any complaints or comments, you can contact our counselor through our website at www.dutchstrength.nl.

Thank you for your time and keep on rocking that workout!

