

Hello and welcome to Friskis&Svettis! We hope you will have fun training with us. To ensure everyone's enjoyment, we have some simple rules. Please follow them!



UPPSALA

Rules to promote greater enjoyment

- Do not pass the 'shoe borderline' wearing outdoor footwear! To prevent shoe theft, take them with you and secure them in a locker. Use a plastic bag if it's slushy outside.
- Exercise in clean training clothes and indoor training shoes.
- Don't disturb others. Arrive in good time for your session and respect the opening hours. Don't talk during the end-of-session relaxation and don't leave the hall during it. If you are waiting outside, lower your voice when speaking. Keep your phone on silent mode. If you have to make a call, do so in a low voice.
- Handle training equipment with care. Do not drop free weights in an uncontrolled manner. Wipe equipment after use and, if necessary, return it to its correct place.
- Avoid bringing valuables to training. Thefts do unfortunately occur. We need your support to observe and prevent theft. Look out for and report suspicious individuals or behavior!
- Help keep our gyms, halls, changing rooms and showers clean and fresh. Use the recycling containers and rubbish bins provided. Wipe your feet before leaving the shower and, if necessary, use a floor scraper to remove excess water.

Extracts from the Membership Rules:

- Membership/training cards may not be lent to others; infringement will lead to suspension of membership.
- Random doping tests are carried out. Anyone found guilty of doping will be suspended.
- Members may be suspended and their card revoked for improper behavior, such as doping, theft, aggressive behavior and/or threats against members, functionaries and staff. Measures may also be taken if severe cases of eating disorders are suspected.
- Bring your membership card every time you train. If you forget your card three times during one season, a fee of 100 kr will be charged.

All membership rules can be found on our website:
www.friskissvettis.se/uppsala/english

I have read the rules to promote greater enjoyment.

Date:

Membership number:

Signature:

Signature of parent or guardian (if you are under 16):

Printed name:

Printed name of parent or guardian: