

Rules of use of the training zone in the KCBM clubhouse

Basics

- Use of the training zone is at your own risk. The KCBM accepts no liability for damage of any kind.
- Access to the training zone is restricted to adults who have had an appropriate introduction to the training zone and how to use the training equipment.
- Young people under the age of 18 may only use the training zone under the supervision of their trainer.
- By entering the training zone, the rules of use are accepted.

Dos & don'ts in the training zone

- Leave bags, backpacks etc. in the cloakrooms.
- Train in suitable sportswear and clean trainers.
- When entering the training zone, clean your hands with the disinfectant provided.
- Do not consume food in the training zone.
- Only bring drinks in sealable bottles.
- Place a towel on the floor and seat cushions during training.
- Place heavy training equipment (dumbbells, barbells, etc.) carefully and only on the black training floor.
- After using the training equipment, thoroughly disinfect the handles and pads of the equipment.
- Remove and put away used weights and training aids.
- Do not use the telephone in the training zone.
- Use headphones when listening to music.
- Lock the door to the training zone after each training session.
- Report any damage by email to bootshaus@kanuclub.ch

Reservation of the training zone - priority rules

- The training zone can be used at any time.
- Exceptions are reserved times and weekends when the boathouse is rented out. The status of reservations can be found on the KCBM website under [Bootshaus - Kanuclub Biel Magglingen](#)
- Authorised persons can reserve the training zone by sending an email to bootshaus@kanuclub.ch.
- Always look for opportunities to train together spontaneously or by appointment.
- Joint training sessions can be coordinated via the corresponding WhatsApp group. Philip Stevanon (+41 78 802 26 19)

Contacts

- Email training zone reservations to bootshaus@kanuclub.ch
- Coordination of training introductions by email to philip.stevanon@outlook.com
- Damage to training equipment by email to bootshaus@kanuclub.ch
- Emergency 144