

Corona hygiene rules

Seitenwechsel





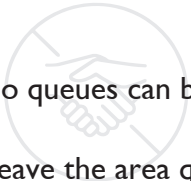
Sportverein für
FrauenLesbenTrans*Inter*
und Mädchen e.V.



Due to the risk of infection, participation in sport is subject to rules to ensure the safety of all participants.

Anyone who does not comply with it may not continue to participate and must at least expect to be excluded from the sports programme.

These rules are as follows:

- **Keep your distance** Keep at least 1.5 m distance. 
- **12 participants per sports group** The number of participants is limited to 12 incl. Trainer.
- **No mask, no sport**  A mask must be carried at all times, if possible, sport should be done wearing a mask.
- **Symptoms of illness? No sport!** Participation is not allowed if there are signs of a cold.
- **Trainer is in charge** The instructions of your trainer must be followed at all time.
- **Arrive already wearing sportswear**  There are no changing rooms available, so please arrive already wearing your sportswear.
- **WC possibility** Please ask your trainer before, Wash your hands as much as possible. 
- **Disinfection** Please bring your own. Disinfect after contact. 
- **Towel obligation** Please bring a towel to practice.
- **Each person uses their own equipment**  Exchanging sports equipment is prohibited.
- **Be on time** Arrive on time for gym, so that no queues can be formed.
- **Please do not dawdle** After the end of training, please leave the area quickly.
- **One parent per child** To avoid crowds, only one parent is allowed to accompany.

With the participation in the training I accept these rules.

I also acknowledge that my data in the form of a simple participation list (first name, last name) may be submitted to Seitenwechsel Sports Club for FLT*I*M e.V.

Gneisenastraße 2a, 10961 Berlin within the legally required time. The list will be sent to Seitenwechsel by the person giving the training.