

Sports activities at Olympos: important information and COVID-rules

We ask you to take note of the below information and rules before you come to Olympos and to observe them. Together we are able to ensure that everyone can enjoy being active at Olympos safely and responsibly.

General

- Observe the [basic rules](#). Do you have any symptoms? Stay at home and get yourself tested, even when you have been vaccinated. Remain home until you get the test results and follow the advice from the GGD (Municipal Health Services). Take regular self-tests
- In the event of a positive test: stay home and avoid contact with others, including those that have been vaccinated.
- Do not shake hands.
- Regularly wash your hands with water and soap, particularly before and after your visit to Olympos. Sanitizing hand gel which does not require water is available in our entrance hall.
- Please observe the customary safety and hygiene regulations.
- Immediately go home if you develop any symptoms during the sports activity, such as a cold, runny nose, sneezing, sore throat, (mild) cough, shortness of breath, a temperature or fever and/or sudden loss of smell or taste. This applies to everyone.
- Avoid crowds and give each other space.
- Wearing a face mask is not mandatory but is advised, especially in places where it is busy.
- Sports Café Olympos is open.
- It is strictly forbidden to consume alcohol anywhere at the (indoor and outdoor premises of the) sports centre.
- A smoking ban applies to the Utrecht Science Park. This means that smoking is also forbidden in and around the Olympos.
- Always observe the instructions provided by the Olympos staff and, in case of matches and practices, the staff of the organising club.

Sports activities

- Booking is obligatory. If you take part in one of your student club's practices or matches, registration with that club is a prerequisite.
- Only come to Olympos when you have made a prior booking or to take part in a practice or match.
- Changing rooms, showers, toilets and lockers are accessible.
- All practices and matches are permitted.

Please check the web page of the specific sports activity or lesson you intend to participate in for any further rules specific to that activity.

Spectators

- Spectators may be present during the opening hours of Olympos Sports Center.
- Spectators do not have to keep 1.5 meters away from each other.

Thank you for your cooperation!

Date: 25 February 2022