

# Rules of Use and Rules of Conduct

## Rules of Use

1. Users of Sportcentrum Olympos (this is including Kalymnos and Kratistos) must be able at all times to show that they are entitled to use the premises in question when requested to do so by an employee of the sports centre. See also the protocol for checking permitted use. This is available at the Sports Desk or on the website [www.olympos.nl](http://www.olympos.nl).
2. When making use of Sportcentrum Olympos, athletes shall observe the instructions they may be given by staff employed at the sports centre. If a member of staff considers the response to such instructions to be lacking or insufficient and the use of the sports centre is based on the athlete's membership with the sports centre, the member of staff is entitled to confiscate the athlete's membership card for a term subject to further definition. The athlete loses the entitlement to the use of the sports centre's accommodation and programmes for as long as the membership card is being confiscated.
3. Participation in activities at Sportcentrum Olympos is entirely at one's own risk. The sports centre has not entered into any insurance policies that provide users with coverage for injury or damage or legal liability. In view of this, users are advised to have their own proper and effective liability insurance and accident insurance.
4. Sportcentrum Olympos is not liable for the theft or loss of, or damage to, any property belonging to users of the sports centre. Unfortunately, it does happen that items are removed from the changing rooms and the like. Users are advised to leave their valuables at home if at all possible and in any event not to leave them unattended.
5. Sports shoes for use in the indoor premises should be clean and must not be used outdoors. Shoes that make marks on the floor (in particular black soles) are not permitted. The correct footwear (preferably shoes for a synthetic grass surface) is strictly required on the synthetic grass fields (tennis courts and hockey pitches). Shoes with metal studs are absolutely forbidden on the synthetic grass surfaces.
6. Mopeds and bicycles should be parked in the bicycle shed. Mopeds and bicycles left unattended elsewhere will be removed.
7. No food and beverages may be consumed, distributed or sold on the sports fields and in the sports centre unless permission has been obtained. The consumption of food and beverages is only permitted at the galleries/stands of the sports halls (with the exception of alcohol and glassware), in the Sports Café and on the terrace and the items in question must have been purchased in the Sports Café. The consumption of items acquired elsewhere is not permitted.
8. A smoking ban applies to the Utrecht Science Park. This means that smoking is also forbidden in and around the Olympos.

9. The changing rooms and washing facilities are accessible 15 minutes before the start of the period of the lease and should be vacated at the latest 15 minutes after the end of this period.
10. After use, the premises used (sports halls and fields, changing room(s) and the like) should be left in a clean and tidy condition. If necessary, cleaning costs will be charged to the lessee / user.
11. Any damages or faults that are noticed should be reported immediately to the Service Desk. The costs of damage to the premises and/or equipment caused by careless use will be charged.
12. Leased materials and equipment should be installed or placed appropriately by the lessee and cleared away after use, unless otherwise agreed. This construction and removal should take place within the period of the lease. Any consequences for the amount of rent payable arising from the use of extra facilities and / or materials are stated in the lease agreement.
13. Advertising in, on or at to the sports premises is permitted only after the board has given its written permission.
14. The lessee is responsible for providing first-aid materials and first-aid staff.
15. In the event of a calamity, the instructions of employees who are on duty should be followed to the letter.

### **Rules of Conduct Sportcentrum Olympos** (after the NOC\*NSF Code of Conduct)

1. If you are asked to do something that does not feel right or is against your morals, you are asked to inform the Service Desk or the management of the sports centre hereof. For further questions or reports, you can also contact the Centrum Veilige Sport ([www.centrumveiligensport.nl](http://www.centrumveiligensport.nl)).
2. Show respect for each other. Be aware of the language you use and how you present yourself. Give others the feeling that they can move freely.
3. Respect the agreements and obey the rules and instructions. Read the Rules of Use, these Rules of Conduct and any other (sports) regulations as well as all other agreements and stick to them.
4. Respect the sports centre and its surroundings. Do not damage anything, respect other people's belongings and leave the changing rooms tidy. Put all the used equipment back in place. Dispose of litter in the litter bins.
5. Refrain from physical contact. Apart from during the regular sport practice, do not touch anyone without their permission.
6. Do not disrespect anyone's integrity. Do not bully. Refrain from discriminating, belittling or intimidating comments or behaviour. Do not exclude people and ensure to be tolerant.
7. Do not discriminate. Do not make distinctions based on religion, belief, political persuasion, race, sexual orientation, cultural background, age or other distinctions.

8. Be fair and sportive. Do not cheat, do not use verbal or physical aggression and do not use doping. Do not participate in fixing matches, competitions, records or other sports events.
9. Only fight when and where this is part of the sport you exercise, e.g. on a mat or in the ring. The techniques you learn during combat sports should only be applied in defence.
10. Do not take part in any sports activity when you are under the influence of alcohol or other stimulants. Only drink alcohol, in moderation, after the sports activity, either at the Sports Café or the adjoining terrace and during the Sports Café opening hours only. Do not drink if you still have to drive.
11. Report violations of these Rules of Conduct to the Service Desk, the management of the sports centre or your sports club's confidential counsellor. For further questions or reports, you can also contact the Centrum Veilige Sport ([www.centrumveiligesport.nl](http://www.centrumveiligesport.nl)).  
If certain facts have been shared with you in confidence, do not breach this confidence. If, however, the interests of an athlete are seriously at stake, you are advised to consult a third party; you may, for instance, call the Centrum Veilige Sport (0900-2025590).