



Training Concept (from 06. June 2020)

- **Training is possible without registration again**
- Trial training participants fill out a registration form at the gym
- Participants register before training (list of participants in the entrance area on the ring)
- List of participants has a left and right side, this is the pairing
- Each pairing remains unchanged throughout the training
- Each pairing is assigned a field for the duration of the training
- No change in partner, no change in field
- There are 8 fields with 1-2 participants, that is the maximum number of participants

- Take along: bandages, large shower towel, for hands and floor exercise
- Changing and shower at home
- Entry 15 minutes before the start, wait in the entrance area (carpet zone)
- Wash hands with soap, max. 3 people in the shower room
- Everything belongs in your bag, do not place or hang anything outside
- Used tissues immediately in the waste bin, close the waste bin
- Bags are stored in the training area (mats) behind the equipment
- Outside of training stay only in the carpet zone
- Changing room stay as short as possible
- Whoever disregards the rules has to leave the gym

Together we can do this!