Instructions for Using the Kameleonten Indoor Athletics Hall **June 13, 2025**

Behavior at Event Areas:

1. Always follow current rules, staff instructions, cleanliness, and good conduct to ensure everyone can train safely and without disturbances. Avoid loud or disruptive behavior.
2. Lanes 3–4 are for fast running. Lanes 1–2 are reserved for slower running or racewalking. If not running or walking, keep the lanes clear.
3. Avoid placing hurdles or other obstacles on the running lanes.
4. Be mindful of faster runners coming from behind, especially when slowing down, finishing a run, or changing lanes. Do not overtake slower runners into lanes 3 or 4 unless you're 100% sure no one is approaching fast from behind.
5. Warm-up jogging outside the track should be done clockwise (opposite direction to main lanes).
6. After use, stack hurdles near the track. Inside the field area, watch out for those using sprint lanes and run-up tracks.
7. Sprint lane users must yield to those using the running track.
8. Track and field event areas are primarily intended for discipline-specific training.
9. Exit the sandpit via the rubber mat. Shake off sand before continuing forward.
10. Be cautious and careful in the throwing area. Careless use of equipment or behavior causes safety hazards.
11. Pole vault poles must be stored in bags or designated containers in racks, not loose. Poles are not for general use; they are club- or personally-owned. If the vaulter uses magnesium for grip, Liquid Chalk is recommended.

Rules for Access Gates (Swing Gates):

1. A closed swing gate without a valid PIN or access card means NO ENTRY. Do not jump over, crawl under, or climb the fence or gate.

Outdoor Shoes:

1. Remove outdoor shoes immediately after the café area and place them on shelves or in your own bag. Put them back on only in the changing room corridor before returning to the café area.
2. These rules apply to all athletes and others in the facility – including guardians, supporters, and spectators.

Spikes:

1. Only 6 mm maximum spikes may be used in the indoor athletics hall. Only cone- or compression-type spikes are allowed. Needle spikes are not permitted.

Chewing Gum:

1. Dispose of used gum in a trash bin.

Food and Drink:

1. Only water is allowed in the training areas, including the athletics hall. Sugary drinks are difficult to clean.
2. Eating is allowed only in locker rooms or specially designated areas, not in training halls.

Weight Training Area:

1. Athletes under 15 may only use the strength training area under supervision. Always return bars and weights to their place.
2. If using magnesium with bars, Liquid Chalk is recommended instead of block or powdered chalk.