

## Guidelines for the reopening period

### Remember to/that:



- Stay home if you have symptoms such as coughing, soar throat or have a fever.

- Cough and sneeze in your elbow or a paper towel.

- Wash hands with water and soap or use hand sanitizer when arriving and leaving the club and when taking breaks and changing location.



- Keep a distance of two meters to others when climbing or practicing other physical activity.

- Keep a distance of one meter during breaks, safety checks and when moving about the gym.



- Use your own chalk (ball, block or liquid).

- Liquid chalk does not function as hand sanitizer.



- Show up changed.



- Use your own equipment—it is not possible to use the club's shoes nor gear (rope, harnesses, brakes, etc.).

- Climb with the same partner every time.



- Use indoor shoes or socks—no bare feet.

- Refrain from biting the rope when leading.



- The common hall and fitness machines are not to be used by the members of the climbing club in the reopening phase.