

# Sports protocol University of Twente

## Outdoor and indoor

### Before your visit

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Only accessible with a reservation.  
Arrive at the exact time of your reservation.



Stay at home with one of the following symptoms:  
Cold, sneezing, sore throat, cough or high temperature (38C)



Before your visit, be sure to disinfect your hands.



Change your clothes, if possible, at home.



Preferably don't use public transport to come to the Campus.

### During your visit

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Cough and sneeze in your elbow, use paper towels and throw them away.



Keep a distance of 1,5 meters between others.



Don't shake hands or make physical contact in any other way.



Dressingrooms and showers are limited available.



Toilets in the Sports Centre are available.



Bring your own towel.



Bring your own sports bottle.



Clean the equipment and machines when you are done.



Bring your UnionCard or CampusCard.



At all times follow these rules, and the instructions of our employees.



After you workout, leave the accommodation directly.



It's possible to use a locker.