

TERMS TO USE FACILITY TRACK&FIELD

The Rules that are stated below will be applied in ENKA facility. Each guest, who uses the facility, should obey them.

1. Athletic Field is available between 7.00 am and 8.00 pm during **weekdays** (Members can use apart from these hours, 16.30-18.30); between 9.00 am and 4.00 pm on **Saturday** and between 9.00 am and 2.00 pm on **Sunday** (Members can use on Saturdays apart from 09.30-12.30 hours).
2. Members of other units can use the athletic field free of charge. If you are not a member to any units, you may become member only to athletic field as well.
3. Members need to demonstrate their cards to staff when they need to.
4. Members need to use track and field apart from the hours 16.30-18.30 during the weekdays, on Saturdays 09.30-12.30. Our track and field is closed for members because of the athletes trainings in specified hours
5. You should not enter the grass area when the throwing sports are in progress.
6. Members need to obey staff's instructions about trainings in the area while walking or running.
7. Our club reserves the right to organize activities in the facility on condition that it announces them before.
8. If there are any races, organizations, or activities in the facility, members will be notified one week in advance about the days and hours when the facility is not available. Please check announcement boards.
9. It is not appropriate to do sports when you are sick, or consume alcohol. You should not do sports right after eating either (at least for two hours).
10. Lockers in changing rooms should be used on daily basis. You need to take your belongings after you get changed.
11. Equipment and lockers should be kept locked. You should not leave valuable belongings lockers.
12. You need to wear appropriate clothes when doing sports.
13. You should not use any equipment which can damage athletic field (heavy, sharp, hard equipment, machine or tools). You should not drag sports equipment such as hurdles, hammers.
14. You need to use different parts of the field to prevent some parts to become wary.
15. Parents need to watch their children's trainings from the tribune or from designated areas.
16. Weight lifting and fitness rooms may only be used by Enka Sports Club and National Team athletes.
17. You should not bring any pets to sports area; you should not leave pets unattended.
18. You should not bring skateboards, bikes etc. to sports areas.
19. You should not talk on the phone at sports area.
20. You should not behave in a way to disturb others.

21. You should not bring any food and/or drinks (other than water) to sport areas. You should use water bottle or plastic bottle to drink water.
22. You need to obey rules in the facility at all times and you need to consider staff's instructions.
23. You need to consider warnings and instruction signs in the facility.
24. Smoking is not allowed in all indoor areas and in outdoor sports areas. Smoking is only allowed in specialized outdoor areas.
25. You may email us about your requests, recommendations. You can apply unit chiefs and unit receptions.

ENKA SPORTS CLUB