

FAIR-PLAY



**Fitnesspark Heuwaage Basel**

Steinentorberg 8  
4051 Basel

Tel. 058 575 81 50

**Regular Business Hours**

Monday–Friday 6.30 a.m. – 10.00 p.m.

Wellness Zone 8.00 a.m. – 10.00 p.m.

Saturday/Sunday 9.00 a.m. – 7.00 p.m.

**FITNESS**  **PARK**  

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HEUWAAGE BASEL  
**MIGROS**

Ensuring that everybody  
feels comfortable in  
our house

[www.fitnesspark.ch](http://www.fitnesspark.ch)

**FITNESS**  **PARK**  

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HEUWAAGE BASEL  
**MIGROS**

## Do you leave traces?

It is, of course, always the innocent people who get the blame. But we are not referring to you. You always put the weights back in the right place after weight training. You cover the cardio fitness equipment with your towel during training, and you always take a thorough shower before you climb into one of the baths. These are but a few examples.

We at Fitnesspark wish to thank you for this. With your conduct, you ensure that everybody feels comfortable here.

We understand only too well that you get upset when very few annoy many with their inconsiderate behaviour; especially when you know it is so easy for everybody to feel comfortable at Fitnesspark. There are 14 fair play rules, which have little to do with excessive regulation, but a lot to do with common sense.

Anybody who trains properly will sweat a lot. And that is only right. Sweating is healthy and cleans the skin. But sweat can be awfully unpleasant for other people. For instance, you would not want to train on a piece of equipment which was left by the person before you dripping in sweat. It would be nice if all pieces of equipment were wiped with the spray and paper provided or one's towel when finishing one's session.

But you know that. As already mentioned, it is always the innocent people who get the blame, but it affects us all.

## Ensuring that you feel comfortable!

### **Our fair play rules:**

1. My bodily hygiene is important to me.
2. I am tidy.
3. I wear sports clothes and clean trainers and have a towel with me in the fitness arena.
4. I cover my training equipment with my towel.
5. To prevent congestion, I get up from my piece of equipment during breaks.
6. At peak times I train for no longer than 30 mins on the same endurance equipment.
7. I clean my endurance equipment after use.
8. After use, I put my weights back ordered by kg.
9. In the wet zones (entire lower ground floor), bathing shoes are obligatory.
10. Before taking a bath – be it warm or cold – I take a thorough shower.
11. I only leave the shower zone after I am fully dry.
12. The sauna landscape is a naked area, wearing bathing clothes is prohibited for reasons of hygiene.
13. The following applies for the sauna and sanariums: 'No sweat on wood'. A sauna towel as a seating surface is obligatory.
14. The sauna zone is a quiet area, I speak quietly during conversations.