

Protocol Fitness Cardholders

General rules based on Protocol NOC-NSF “verantwoord Sporten”

- The following applies to everything: use common sense.
- Stay home if you have any of the following (also mild!) symptoms in the past 24 hours: a cold, coughing, shortness of breath or fever (from 38 ° C).
- Stay home if someone in your household has a fever (from 38 ° C) and / or shortness of breath. If everyone has no complaints for 24 hours, you can exercise again and go outside.
- Stay home if someone in your household has tested positive for the coronavirus (COVID-19).
- Because you can still get sick up to fourteen days after the last contact with a sick person, you must stay at home until fourteen days after the last contact in which this person was still contagious (follow the advice of the GGD).
- Stay home if you have had the coronavirus at least seven days after the test result (determined by a laboratory test).
- Stay home as long as you are in isolation because you have had direct contact with someone diagnosed with the coronavirus.
- Go home immediately if during the exercises complaints arise such as: colds, cough, shortness of breath or fever.
- If you are at greater risk for the coronavirus be extra careful and apply the proposed guidelines with extra care.
- Keep 1,5 meter (two arm lengths) distance from anyone else outside your household.
- Cough and sneeze in your elbow and use tissue paper.
- Before going to the Sportcentrum, go to the toilet at home.
- Wash your hands with soap and water before and after visiting the ACLO Sportcentrum.
- Come to the Sportcentrum in sports clothes and shower at home, there is no opportunity to change clothes and shower at the Sportcentrum.
- Avoid touching your face.
- Do not shake hands.

- Arrive at the Sportcentrum (no earlier than) **5-10 minutes** before the sport activity and **go home immediately afterwards**.

Route to and arrival at the Sportcentrum

- Come to the Sportcentrum as much as possible by bicycle and keep 1.5 meter distance on arrival, parking and departure at bicycle stand. When using public transport, apply general guidelines provided by the bus company.

Departure from the Sports Center

- At the end of your fitness session, leave the Sportcentrum directly through the back entrance and go home.

Facilities fitness members

- Bring your own water bottle and towel to use and fill your water bottle at home. It is not possible to fill water bottles at the Sportcentrum.
- The toilet in the hallway in front of the Sportsbar is accessible to ACLO members in case of an emergency. Follow the instructions for safe on-site use.
- Changing rooms, showers and the Sports bar are closed.

Rules for Fitness

- Upon arrival (after online registration) go according to the indicated route to the entrance gate of the fitness.
- Read the triage again at the entrance, if you agree you can continue! **Action 1**
- Before entering, clean your hands with the available disinfectants. **Action 2**
- Access to fitness area by scanning your pass. **Action 3**
- For each training, the supervisor will give instructions on which rules to follow.
- Upon entering there is a cleaning set for each fitness member (spray bottle + cloth). It's mandatory to clean the material used after all exercises with your set. **Action 4**
- Moving to the next equipment is only possible according to a specified route! **Action 5**

- All available equipment can be used under the condition that at least 1 device remains free between you and another member.
- Do not wait at an device until it is available, you can ask when it may become available.
- All marked equipment cannot be used!
- Only in the indicated places you can do “free” exercises, such as core, squatting, dumbbells etc.. It is not allowed to move around in the gym with equipment (eg walking lunches).
- It is not allowed to “spot” (help someone during the exercise). Only train sub maximum!
- Always follow the instructions of the supervisor. If you have any questions, please ask the them.
- When leaving the gym, put the used cloth in the barrel and put the spray bottle on the table!

Action 6

After a phase where you have practiced little to no sport, it is advisable to build your exercise routine. Here are some tips on how to do this:

- **Do not start immediately with 20-30 sets per muscle group per week**, start for example with half. In the first 2 weeks, opt for a reduced load and build it up in the following weeks to a higher volume and intensity.
- **Try not to put too much pressure on yourself.** Enjoy the process. Take pleasure in the small steps, which often lead to a sustainable and greater result.
- I know how tempting it is, but **don't immediately test your max** when you get back to the gym. Build this up slowly. Keep about 4-5 reps in the tank for the first 2 weeks. Then you can gradually reduce this to 1-3 reps in reserve (RIR).
- A period of "detraining" can reduce the load on your muscles and tendons. **Do not train too explosively during the first 2 weeks**, but choose a controlled movement. This way you work on qualitative reps with a better movement pattern.
- At the gym I still often hear the myth that muscle pain is good and necessary for muscle growth. This is a not true. **You can make progress without feeling any muscle pain at all.**
- **You can help the body to find the right 'groove' again.** You can do this by not doing too heavy reps too quickly. Film yourself and asking a coach or experienced training buddy for tips.

Remember: you will make the most progress if you do not train every workout to the max. Rather build up calmly. Be sensible and work on a well-coordinated plan with a form of progressive overload.