## **PUMP TRACK REGULATIONS**

- 1. The structure is accessible to everyone free of charge during the hours in which it is not reserved exclusively for the sports clubs that have made a special request to the Municipality, respecting a maximum occupation time of 2 hours in the morning and 3 in the afternoon, in order to allow daily public use. In case of events or competitions, the structure can be occupied for one or more consecutive days. The municipality publishes an occupancy plan on its website.
- 2. By accessing the area, the user accepts full responsibility for his or her own conduct, the consequences thereof, and full acceptance of the regulations. No responsibility is attributable to the management of the facility, the municipality and/or the authorities in charge, who decline all liability.
- 3. Access to the facility is permitted to all users with a suitable wheeled vehicle. Children up to 10 years of age may only enter if accompanied and supervised directly by a parent or guardian. The adult must remain outside the facility and will be fully responsible for the child's behaviour and any damage he or she may cause to himself or others. It is recommended that parents (or guardians) make a "common sense" assessment of the technical ability of children accessing the track.
- 4. For your own safety and that of others, check that all your equipment is adequate and in top working order.
- 5. It is compulsory to wear the appropriate protective clothing at all times, wearing an approved helmet.
- 6. Before tackling any route, analyse whether it is suitable for your skills and equipment, so you must have the technical basics of riding and sufficient skills, physical dexterity and knowledge to tackle the routes safely and without endangering yourself or others.
- 7. The utmost respect and observance of the signs is obligatory. The course starts from the starting sign; it is compulsory to follow it in a one-way anti-clockwise direction, keeping a safe distance from other users and always keeping your speed under control in relation to the course and your own abilities. If there are athletes stopped on the route (as well as any other possible obstacle) slow down immediately, avoid stopping on the routes. When stopping, it is obligatory to leave the course free and to remain in a visible position. It is advisable to make a first reconnaissance of the course while maintaining a low speed.
- 8. It is forbidden to leave the course, modify the route and insert additional obstacles.
- 9. Group competitions are forbidden, except on the occasion of specific organised events.
- 10. The facility can be closed by the municipality without prior notice.
- 11. Smoking and eating are forbidden inside the area.
- 12. In order to guarantee hygiene and decorum, users of the area are obliged to deposit their waste in the containers provided. It is also forbidden to leave any kind of waste on the ground in the whole area.

## MTB CIRCUIT REGULATIONS

- 1. The structure is accessible to everyone free of charge during the hours in which it is not reserved exclusively for the sports clubs that have made a special request to the Municipality, respecting a maximum occupation time of 2 hours in the morning and 3 in the afternoon, in order to allow daily public use. In case of events or competitions, the structure can be occupied for one or more consecutive days. The municipality publishes an occupancy plan on its website.
- 2. By accessing the area, the user accepts full responsibility for his or her own conduct, the consequences thereof, and full acceptance of the regulations. No responsibility is attributable to the management of the facility, the municipality and/or the authorities in charge, who decline all liability.
- 3. Access to the facility is permitted to all users with a suitable wheeled vehicle. A "common sense" evaluation of the technical ability of those who access the track is recommended.
- 4. It is forbidden to enter in the event of snow, rain or a wet track.
- 5. For your own safety and that of others, check that all your equipment is adequate and in top working order.
- 6. It is compulsory to wear the appropriate protective clothing at all times and to wear an approved helmet.
- 7. Before tackling any route, analyse whether it is suitable for your skills and equipment, so you must have the technical basics of riding and sufficient skills, physical dexterity and knowledge to tackle the routes safely and without endangering yourself or others.
- 8. The utmost respect and observance of the signs is obligatory. The course starts from the starting sign; it is compulsory to follow it in a one-way anti-clockwise direction, keeping a safe distance from other users and always keeping your speed under control in relation to the course and your own abilities. If there are athletes stopped on the route (as well as any other possible obstacle) slow down immediately, avoid stopping on the routes. When stopping, it is obligatory to leave the course free and to remain in a visible position. It is recommended to make a first reconnaissance of the course while maintaining a low speed.
- 9. It is forbidden to leave the course, modify the route and insert additional obstacles.
- 10. Group competitions are forbidden, except on the occasion of specific organised events.
- 11. The facility can be closed by the municipality without prior notice.
- 12. Smoking and eating are forbidden inside the area.
- 13. In order to guarantee hygiene and decorum, users of the area are obliged to deposit their waste in the containers provided. It is also forbidden to leave any kind of waste on the ground in the whole area.

## RULES FOR USE OF THE BOULDERING HALL

- 1. The structure is accessible to everyone free of charge during the hours in which it is not exclusively reserved for the sports clubs that have made a special request to the Municipality, respecting a maximum occupation time of 2 hours in the morning and 3 in the afternoon, so as to allow daily public use. In case of events or competitions, the structure can be occupied for one or more consecutive days. The municipality publishes an occupancy plan on its website.
- 2. By accessing the area, the user accepts full responsibility for his or her own conduct, the consequences thereof, and full acceptance of the regulations. No responsibility is attributable to the management of the facility, the municipality and/or the authorities in charge, who decline all liability.
- 3. Access to the facility is open to all users. Children up to 10 years of age may only enter if accompanied and supervised directly by a parent or guardian. The adult must remain outside the facility and will be fully responsible for the child's behaviour and any damage he or she may cause to himself or others. It is recommended that parents (or guardians) make a 'common sense' assessment of the technical ability of children entering the facility.
- 4. It is strictly forbidden for children under the age of 14 to step on the coloured continuous line on the walls (safety line).
- 5. Before tackling any route, analyse whether it is suitable for your abilities, therefore you must have the technical basis and sufficient skills, physical dexterity and knowledge to tackle the routes safely and without endangering yourself or others.
- 6. The utmost respect and observance of signs is obligatory.
- 7. It is forbidden to move or change the position of the sockets on any panel!
- 8. Always use magnesite, the absence of which makes the sockets more slippery and greasy.
- 9. Once you have tried a route, clean the holds, including the foot holds, with a special brush (worth about 7 CHF, the name Lapis, available in all good climbing shops).
- 10. Try to use the small foot holds and not the big holds. This way the holds stay clean and you will learn to climb much better for your external challenges!
- 11. If you see any dirt, don't hesitate to vacuum, cleaning is done by volunteers so let's help and cooperate.
- 12. The facility can be closed by the municipality without notice.
- 13. Smoking and eating are not allowed inside the area.
- 14. In order to guarantee hygiene and decorum, users of the area are obliged to deposit their waste in the containers provided. It is also forbidden to leave any kind of waste on the ground in the whole area.