



Tokke

Oppvekst, kultur og idrett

Safety and well-being in Tokkegym

Etiquette

- Be polite and considerate to others
- It is not allowed to film or photograph others in the gym
- On a break? don't hog the equipment
- Clean and dry the equipment after use
- Put weights and manuals back after use
- Wear clean clothes when you work out
- You are not allowed to be bare-feet or use a tank top
- Outdoor-shoes must be placed in the wardrobe
- Black sole shoes are not allowed
- Don't bring food into the gym

Safety

- Keycards are personal, don't share it with others
- Use the apparatus in accordance with the guide
- Children and youth under 16 years are only allowed accompanied by a person over 18 years

- Give notice if you see damaged equipment
- Check if doors and windows are closed if you are the last one to leave Tokkegym

Violation of the rules may lead to loss of access to Tokkegym

Questions or feedback?

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