

REGISTRATION FORM: WEIGHT ROOM & ICE BATHS 2018 -2019

The use of the weight room & Ice baths is limited to the athletes and coaches booked by our Travel Agency "Tenerife Sport" (Global Sports Activities Spain SLU) License nº I-0003105.1

The maximum pax allowed at the weight room (athletes + coaches) is 15. Minimum age of 16 is required. Weight sleds and corresponding weights can be borrowed to use on the track. Make sure you always enter the gym & ice baths with clean training shoes. Athletes and coaches will always have to leave bags and other belongings at the changing room without any exception. All bottled liquids will be left at an indicated spot at the gym. It is not allowed to have bottles and liquids or food in the training areas. The use of magnesia blocks or powder is not allowed. We have leather pulling straps available. When you enter the room it will always be clean and ordinate. We insist you leave the room ordinate before you leave. All material, weights and discs will have to be put back at the same place where they were taken from during the training session. Use the weights belonging to your sector. Do not use weights not belonging to your platform or area. We especially insist on a proper use of the Eleiko bars on our weight platforms: The Eleiko bars (if they contain weights) will always have to be locked with the collars; the bar charged with weights (during whatever exercise the athlete does) must always be dropped in a controlled way - we insist on controlled and assisted drops. Athletes that go for 'the easy way' and drop the bar in an unassisted way will not be allowed to continue exercising.

The use of the ice baths: Athletes must make an appointment at the gym before training and will then get a ticket to access the ice baths on an agreed time. Athletes must always access with a towel to this area. Without towel you will not be allowed in the ice baths. Do not come barefoot to the ice baths. Always wear clean shoes or similar. You are not allowed in the baths with socks or long tights. We advise to use a running short or similar. Our staff will tell you when to enter the ice baths. After the use of the ice baths you must dry and change at the changing room. The approximate time to be in the ice baths is 6 minutes and this continuously. If you leave the ice bath before the time expires you will not be allowed back in. So please do not come to this area 'to play in the water'. We will not allow athletes that have no experience with this cooling therapy. Do not go wet into the training area.

**PRINT OFF AND FILL OUT THIS DOCUMENT / BRING TOGETHER WITH
A COPY OF YOUR IDENTITY CARD OR A COPY OF YOUR VALID PASSPORT**

" I agree to these terms" / Name:

Signature:

This document must be signed personally. We reserve the right to deny access to those who do not follow our code.

The athlete agrees he has been informed about the Spanish Doping Law:
<https://www.boe.es/boe/dias/2013/06/21/pdfs/BOE-A-2013-6732.pdf>

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