1. In our team, men and women work equal before the law, and their instructions must be followed.

2. Street clothes are not allowed in the swimming pool, but only swimwear (swimming trunks, swimming shirt, bikini, burkini) from appropriate material.

3. Men and women use separated changing rooms, showers and toilets.

4. Washing thoroughly with shower gel before entering the swimming pool.

5. Non-swimmers may only use the non-swimmers space and go up to the level of their bellies into the water.

6. Other persons may not be pushed or submerged into the water.

7. The water must be deep enough to jump and to be free.

8. Children and the elderly must especially be considered.

9. Children who cannot swim must wear buoyancy aids throughout the swimming duration. The chaperons must be swimmers and look after the children.

10. Sexual harassment is not tolerated in any form, whether by gestures, expressions or touches. Women are to be respected, regardless of their swimwear.

11. Photographing and filming external persons without their consent are not permitted.