
Rules for Overnight Stay in the Movement Hall

- **Arrival to the hall is possible no earlier than 19:00.**
- Inside the hall, everyone must behave safely. It is strictly forbidden to enter the **upper platform** or to use **any equipment**, including obstacles, the trampoline, the foam pit, the airtrack, bars, beams, etc.
- All **mattresses and any equipment used** must be returned to their original place before leaving.
- **Outdoor shoes are not allowed** inside the hall.
- Food and drinks may only be consumed **in the seating area by the benches**. They must **not** be taken onto the blue carpet, the parkour floor, the mats, the upper platform, or any other part of the **training area**.
- The main lights should **not remain on longer than necessary**. For basic lighting, please use the lights in the **bathrooms and changing rooms**.
- The entrance door to the hall (from the climbing gym) will be locked by the reception. You can exit through the **rear door** of the movement hall (towards the back parking lot). These doors are **self-locking safety doors** — simply close them behind you when leaving, but be aware that you **cannot re-enter** from outside. If you plan to return, make sure someone inside can let you in, or leave the door slightly open **only if a responsible person is present inside**.
- In the morning, the reception will unlock the exit, and the hall must be **vacated by 8:30**.