

Dear coaches, athletes and parents

Thank you for training with us at SNØ. Below you will find information that will help us make the training experience successful.

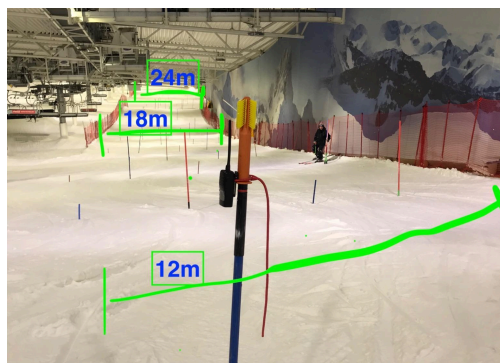
IMPORTANT RULES

- Trailers can be parked at Lührtoppen, the building next to SNØ.
 - Do not park or leave trailers in the fire truck zone area by the garage doors in short term parking.
- Use the locker room in the ski rental area or the shelves on the 1st floor to store your bags and gear. There is also space for gear and team meetings on the 2nd floor.
- Train in your lane and be respectful of other people's lanes.
 - Do not run training exercises in the terrain park
- Salt, paint, excessive digging and other moderations to the lanes are not allowed. Please contact our staff if you have suggested changes to the slopes.
- Contact our staff if you need to transport equipment through the garage door.
- We prefer that you take your gates out of the SNØsone after your training.
 - If you are training multiple days in a row, gates can be stored at the bottom of the hill in designated areas.
 - If you are leaving your gates at SNØ for more than a few days, gates can be stored on the top of the hill behind the blue nets or under the ramp.

TRAINING

Before you start your training: Please check in at the reception on the 1st floor. They will help you with questions regarding lanes, payment, placement of gear, etc.

The racing lanes are narrow at the top and then widen out as the slope extends. Please refer to the racing lanes map to set your course in the correct lane. It is possible to share gates with other teams at the beginning of the course and branch out further down.



Remember

- Gates cannot be mounted on the ramp. Look for the sign that indicates where the first gate can be placed.
- Set up and take down your gates within your allotted time slot.
- Please smooth out your tracks after training to make the course better for those who train after you.

Equipment Storage

Warm zone

- Lockers and shelves are available on the first floor for bags and gear.
- Place all skis in the provided ski racks, or bring them into the SNØzone and use the racks there.



- Do not store gates anywhere in the warm zone.
- Ask the staff for help if you cannot find space for your equipment and personal belongings.

SNØ zone

- Place all skis and poles in the ski racks.
- Place bags and equipment in the designated bag storage areas BEHIND the blue nets.

General Etiquette

Warm zone

- Please change your clothes in the locker room, not in the common area.
- Do not do warm up routines in the common area on the 1st floor
 - You are welcome to use the 2nd floor, or go outside the building in a safe space away from parking
- All athletes and coaches must scan their pass when entering the cold zone.

SNØ zone

- Food and drinks (coffee, energy drinks, soda, etc.) are not allowed in the SNØ zone.
 - Water bottles are allowed!
- Use the safety bar and ride the lift safely.
 - Do not bounce in the seat or throw/spit items while on the lift.
- Place all broken equipment, snus and other garbage in the receptacles at the top and bottom of the hill. You will also find garbage cans on skiers right of the racing hill near the last knuckle.
- If there are conflicts on the hill, please discuss the issue with the ski patrol/ reception staff to find a solution.

If you have questions, concerns or feedback for us please contact:

Welcome Center Phone: +47 909 65 034 or klubber@snooslo.no

