

# 10 golden rules

Please follow these simple rules to ensure that all guests can get along together and enjoy a pleasant stay at CST.

## 1. Silence and safety

- A badge is required to access hostel buildings after 10pm.
- No noise is permitted in hostel buildings or in other CST premises, nor in the immediate neighbourhood or the village of Tenero between 10.30pm and 6.30am.

## 2. Order and cleanliness

CST guests are expected to behave with respect and to maintain order and cleanliness in and out of doors and on all CST facilities.

## 3. Smoking

CST is a smoke-free zone. This applies to all buildings as well as the entire CST campus. Smoking is permitted only in designated areas:

- Under portico of the Contra theory rooms.
- Under portico behind the campsite theory room.
- Between the water sports facility and the landing stage.

## 4. Alcohol and drugs

- Persons under the age of 18 are not permitted to purchase or consume alcohol at CST.
- The consumption of alcohol in the accommodation areas is not allowed.
- The use of any kind of drug is prohibited, including cannabis.

## 5. Traffic restrictions

Motor vehicles are not allowed on the CST campus. They must be left in the car parks provided. Guests must keep to tracks and paths while walking around the centre.

## 6. Litter

Litter must be disposed of in the appropriate containers. CST provides separate containers for different types of waste.

## 7. Behaviour in the swimming pool and on the lake

Course leaders are responsible for the safety of their group during activities on the lake and in the swimming pool (Olympic pool and diving pool). Failure to comply with the rules (see Rules of Use, page 28) will result in access to facilities being withdrawn.

### 8. Sports facilities

Facilities may only be used if they have been booked. Any change of programme must be communicated to the week's designated facility manager at the earliest opportunity. If the allotted group does not start using the facility within 15 minutes of the start time, the week's designated facility manager reserves the right to allocate it to another group. In the event of rain, course leaders are asked to contact the week leader to consider an alternative.

### 9. Punctuality

The stated times for collecting and returning equipment from logistics, and training session times, must be respected. Buildings are locked at 10pm.

### 10. Bicycles

Bicycles may be used only on the signposted cycle tracks. They must not be ridden across open spaces and playing fields. When not in use, bicycles must be parked in the racks provided and secured with a padlock.

#### Consequences for failing to comply with these rules

- Course leaders and parents will be notified (if participants are minors).
- Depending on the severity of the case, we reserve the right to exclude the person responsible or the entire course group from CST.

#### Consequences for the course group in question

- Course applications for the following year will not be given priority.
- Depending on the severity of the case, the relevant cantonal sports office, Y+S, the respective sports club and/or the relevant school head will be informed.