

TIPS & HOUSE RULES FOR SAFE BEACH SPORT PRACTICE

A safe location for beach sports is in everyone's interest. Please take the following rules and tips into account in order to keep the sand clean and to safely use the sand court before, during, and after use.



Beach sports are played **bare foot**. When extremely warm or cold, **sand socks** may be used.

More information regarding sand socks may be found on the next page.



For your own safety, please wear **flipflops** on the terrace and off the sand courts.



In order to keep the sand clean, **no shoes** are allowed on the sand courts.



The area of Spoorpark, BeweegR, and Beach Tilburg is a **pet-free** area.



The area of BeweegR and Beach Tilburg is a **smoke-free** zone.



No glass or food is allowed on the sand courts, you may consume at your leisure on the terrace.



Please use the **litter bins** provided.



After using a sand court, make sure the next player can use it again. Make sure you **level the court** using a '**beach rake**', these can be found on the edge of the pitch. Please put them back after use immediately.

How to use a rake can be found on the next page.



Please **remove excessive sand** before leaving the sand court, especially if you intend to use the showers. Please help us prevent clogged **shower drains**.

PLAY SAFE, STAY SAFE, STAY FIT!

MANUAL THIS IS HOW YOU RAKE A SAND COURT



1

Use the rake to level the sand from **under the net** towards the centre of the court.



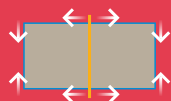
2

Use the rake to level the sand from the **base and side-lines** towards the centre of the court.



3

Also level the sand **underneath the strings** when needed and remove the sand from the strings.



4

After raking, **immediately** put the rake back on the edges of the sand court leaning against the fence. To prevent injuries, **never leave** a rake on or between the courts.

SAND SOCKS

In cold or hot conditions, use sand socks. Sand socks are made of a material that insulates your feet against moisture and cold or hot sand.

Sand socks, t-shirts, singlets and ladies tops are available at Beach Tilburg. For more information please send a message to shop@beachtilburg.nl

TIP

