Rules list

- General:
    - Confidential information about the activity can be shared after signing a confidentiality statement. Violation of this statement will result in a warning that will stand for one year. A fine will be imposed for a second offense.
        - Confidential information includes information that is not shared with the entire group in advance, such as the arrangement of groups.
    - More detailed information about day program will be shared upon request (excluding confidential information).
- Monthly Drinks:
    - Themes will not be announced earlier.
    - Required medical necessity for adjustments at drinks.
    - Possible measures after outcomes survey:
        - If members indicate that they cannot handle a stroboscope, it will be omitted for the Catching Up Drink and the drinks with a low-key theme.
        - Music may be turned down at drinks with a low-key theme if necessary.
- Traveling:
    - Destination will not be shared beforehand.
    - Should you ever want to return to the residence during the trip for any reason, someone from the Daily Board or the committee can always go with you.
- Cantus:
    - Should it really be necessary, there is the possibility to indicate that you do not want to come to the front. This should be known to the IFAC well in advance.
    - If you really need to excuse yourself, you can, if you alert someone from the IFAC or the Daily Board both before the activity and at the moment itself. If you really need to get out, this should not cost a chug.

Trigger warnings used (when something on this list appears in an activity, it will be briefly warned about on the webpage for the activity)

Use of:

- Loud music
- Bright lights
- Stroboscope/strobing lights
- Smoke machine
- Small spaces/restricted entry and exit

Themes (speaking about or showing media) of:

- Death/suicide
- (Sexual) violence
- (Animal) abuse
- Self-harm
- Blood
- Discrimination
- Eating disorder
- Sexual topics
- Dysphoria/dysmorphia

- Body modification
- Addiction
- Pregnancy/miscarriage/abortion
- Mental illness
- Specific actuality/history