

# Rules and Regulations of the Fitness Centre of the University of Passau

## § 1 Scope

These regulations supplement the General Rules and Regulations of the Sports Centre of the University of Passau and govern the usage of the University's fitness centre. By entering the premises, all users of the fitness centre acknowledge these regulations and the appurtenant obligations.

## § 2 Access to the fitness centre

1. You may only enter the fitness centre premises if you have successfully registered for the fitness centre using the Sports Centre registration system.
2. While using the fitness centre's facilities, you must carry proof of registration (your fitness card) as well as a valid photographic ID and present these when asked by a member of staff.

## § 3 Obligations of users

3. For your personal safety and to minimise wear and tear of the facilities, you must wear clean, suitable sports clothing while using the facilities, including trainers/sneakers/running shoes with a non-abrading, light-coloured sole that have not previously been used outdoors.
4. For reasons of hygiene, you are required to place a towel on all benches, seats, backrests and any pads you come into physical contact with while exercising.
5. Eating is prohibited on the fitness centre premises. Beverages may only be brought onto the premises in shatterproof containers.
6. Be considerate of other users. If you see someone waiting to use the exercise machine or training bench you are occupying, you should offer to use it in turns, e.g. between sets, particularly during peak hours.
7. To reduce the risk of injury, any bags and clothing brought onto the premises must not be left in the fitness centre. Please use the coin-operated lockers for storing your personal belongings while exercising.
8. Talking on the phone while in the fitness centre is prohibited to avoid inconveniencing other users.
9. For safety purposes, you may not place any objects (e.g. bottles) in the designated free-weights area, which is set apart from the other areas by a black colour scheme.
10. To safeguard the privacy of users, photography and filming inside the fitness centre are prohibited. If you wish to film or take photographs on the premises,

you must obtain special permission from the Sports Centre Management beforehand.

11. You are obliged to use the premises and facilities with care and must avoid soiling the walls, e.g. by doing exercises that require leaning against the wall, such as wall-sits or handstands.
12. When doing free-weight exercises at maximum load you must ensure that other users or a supervisor are present in the same room.

#### **§ 4 Rules for using free weights and exercise machines**

1. When you have finished using a cardio machine you should wipe it down using the disinfectant provided by the Sports Centre.
2. You may only handle free weights and weight plates in the designated free-weights area, which is set apart from the other areas by a black colour scheme. When in use, plate weights must always be secured to the bar with the correct weight-locking collars.
3. You should avoid rapidly dropping weights and letting them slam into the ground, e.g. when doing deadlifts, unless as an emergency measure to prevent injury.
4. All bars, weight plates, locking collars, pull rods and other devices must be returned to their respective places and fittings after usage. In particular, the weight plates must be removed from the bar and returned to their proper storage position.
5. Exercise machines and accessories belonging to the fitness centre may only be used on-site; you must not remove them from the premises.
6. The colour-coded weight plates and corresponding bars (also colour-coded) may only be used on the designated weightlifting platform. Only one person may use the platform at any given time.
7. You must not place additional weights on the existing pulley equipment or exercise machines.
8. You must not move any exercise machines; however, the training benches may be repositioned as needed.
9. If you notice any damage or defects to the machines and facilities you should notify a supervisor or janitor immediately.

#### **§ 5 Effective date**

These regulations become effective on 26 April 2016.

Passau, 26 April 2016

PD Dr G. Berschin  
Managing Director of the Sports Centre