

University Sports  
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## **Usage regulations for the fitness training center, hall 5**

### **1. Participation requirements**

All eligible persons must take part in a one-on-one fitness orientation session.

The orientation session is obligatory, regardless of individual prior knowledge. Due to capacity restrictions, a limited number of participation spots are available.

### **2. Access/opening hours**

A printout of the booking confirmation for a fitness subscription to "hall 5," together with proof of eligibility for participation in university sports at the University of Bonn, grants the bearer access to the fitness training center. These documents must be presented at the entrance desk without being requested.

The responsible body and its representatives are authorized to review participation eligibility. The fitness training center is only open for training during the posted opening hours.

### **3. Clothing/hygiene**

Comfortable athletic clothing should be worn when working out (including clean indoor shoes).

For reasons of hygiene, please place a towel on equipment seats during use. After using the equipment, especially endurance machines, please clean them with the provided disinfectant and wipes.

### **4. Proper use**

Dumbbells, weight plates and small equipment must be returned to their storage locations after use. The use of magnesium carbonate is prohibited.

The use of personal training equipment (dumbbells, small equipment, etc.) is generally prohibited. In justified exceptional cases, the university sports representative may approve their use upon request.

Bags may not be taken into the workout area. Lockers are available in the changing area. Glass bottles are not permitted in the fitness training center.

### **5. End of the contract**

The fitness subscription and thus the contract have a term of 3, 6 or 12 months, and end once the respective term is over.

### **6. House rules**

The house rules for the fitness training center are exercised by the responsible body or a supervisor appointed by the body. Anyone who violates the usage regulations may be banned from using the fitness training center.