

iversity sports
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Addition to the conditions of participation and terms of use

Restricted resumption of sports activities in the
context of the coronavirus pandemic

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Important information on the use of the sports facilities

- Upon entry, you affirm that there are no health restrictions or symptoms of illness and that there has been no contact with an infected person for at least two weeks.
- Wash your hands before entering and leaving the sports facility. Washing facilities are located directly in front of the entrance as well as on the premises (see map and site plans on site)
- Please note the guidance system for entrance and exit (one-way street system).
- Minimum distance 1.5 m.
- Wear mouth and nose cover in the building.
- The showers and changing rooms are closed, one ladies' and one gents' toilet each are open. The WC rooms may only be entered individually.

Outdoor facilities University sports facility Nachtigallenweg 86

Times-of-use Monday - Friday, 9:00 am – 7:00 pm (except public holidays)

Admission only with valid booking confirmation:

- The booking is made in time blocks of 90 minutes on the website of the University Sports Department for the sports activities listed there. The number of persons per time block and offer is limited, free capacities can be found on the website. The registration is activated 24 hours before the desired time block.
- The sports facility must be left until the end of the booked time block.
- The booking is limited to tariff groups 1 to 3 for the period of limited operation.

Access control and registration is carried out to track the chain of infection:

- When entering the sports building, you show your booking confirmation on the window of the porter's lodge, your access time will be noted.
- Entering the facility is only possible through the turnstile (scan of the booking confirmation).
- When leaving the sports facility, you log out by showing your booking confirmation on the window of the gatehouse, the time of leaving is noted.

Course operations offered at the outdoor facilities of the university sports facility Nachtigallenweg 86

- The participants will be led by the instructor to the sports area via the access point indicated in the course description, in compliance with the distance rules.
- The instructors keep attendance lists so that possible chains of infection can be traced. The lists are made available to the instructors by the university sports department on a daily basis.
- The maximum group size of 10 persons is prescribed for outdoor contact sports training. Larger groups must always train completely separately.

Before the training session

- Each participant brings their own towels and drinks to the sports unit. If possible, these are marked by name and are always placed at a sufficient distance from the other participants' personal belongings. The same applies to own mats or sports equipment.
- The instructors will assign individual training and break areas to the participants before the start of the unit. These are marked in accordance with the applicable regulations for keeping distance (e.g. with hats, circles, poles, etc.).
- Participants are made aware of the applicable behavioral measures/hygiene regulations before each sports unit.
- If participants bring their own materials and equipment, they are responsible for their own disinfection. It is not permitted to pass on the equipment to other participants.

During the training session

- The instructors ensure that the minimum distance of 1.5 metres is maintained throughout the entire sports unit.
- For units with a high level of physical activity, it is advisable to maintain a generous minimum distance. The mouth and nose protector can be removed during the sports unit. However, in the event of an injury, the Mouth and Nose Protector must always be within reach of all participants.
- All physical contact must be avoided during the sports unit. This also includes sportsrelated assistance, corrections and partner exercises.
- Speaking loudly, shouting and roaring must be avoided. Whistles will not be used.
- If participants leave during the sports unit, this must be done in accordance with the distance rule and by notifying the trainer. This also applies to visits to the toilet facilities.

After the training session

- All participants will leave the sports facility immediately after the end of the sports unit in accordance with the distance rules.

Gym halle 5

For your own protection, there are a few things to keep in mind when training:

- Training is only possible after **online registration** the day before, the training time is limited to **75 min.**
- By entering the gym, you agree that...
 - ... you are healthy and
 - ... we may use your data for infection chain tracing if necessary.
- Please appear in sportswear: The locker rooms may not be used for anything other than the storage of your personal belongings. Showers are closed.
- Pay attention to the marked **entrances and exits!**
- Wash your hands thoroughly before starting the training!
- **Masks** are also mandatory in the gym.
- We recommend using the **endurance training equipment** only for **warm-up and cool-down.**
- Please make sure that there is sufficient distance:
 - Keep a distance of at least 1.5 m between each other when moving through the hall!
 - There should be about 3 m between two training machines used at the same time. Use the cones to block equipment that is too close to you during the exercise!
- Please put a large **towel** underneath each exercise.
- Additional materials and mats are not available.
- **Disinfect** all contact surfaces after each exercise!
- Remember to bring enough water, the water dispenser must not be used!

UniFit Box

- **Training only possible after online registration the day before.**
- Please appear dressed: The locker rooms and showers are closed.
- Pay attention to the marked **entrances and exits!**
- Wash your hands thoroughly before starting the training!
- Boat hall gate and side entrance door of boat hall 1 are maximally opened for **cross ventilation.**

- Maximum number of persons in the UniFit Box (boat hall 2): 5 including trainer
- Maximum number of persons in front of the UniFit Box (Boat hall 2): 5 including trainer
- In the UniFit Box, the obligation to wear a mouth and nose cover also applies if the minimum distance of 1.5 m cannot be maintained.
- We recommend to use the **endurance training equipment only for warm-up and cool-down.**
- **High-intensity training in the UniFit Box is prohibited!**
- Please make sure that there is sufficient **distance**:
 - Keep at least 1.5 m distance between each other when moving through the UniFit Box!
 - There should be about 3 m between two training possibilities used at the same time.
- Please put a large **towel** underneath each exercise.
- Small materials and mats are not available.
- **Disinfect** all contact surfaces after each exercise!
- Remember to bring enough water!

Rowing course offer

- **Training and ergometer training is only possible after online registration the day before.**
- Please appear in sportswear: The locker rooms and showers are closed.
- Pay attention to the marked **entrances and exits!**
- Wash your hands thoroughly before starting the training!
- The boat hall doors 3 and 4 are opened to the maximum for **ventilation.**
- Maximum number of persons per boat hall: 5 including instructor
- Please make sure that there is **sufficient distance**:
 - Keep a distance of at least 1.5 m between each other.
 - It is only permitted to stay **below the minimum distance during the sportive use of the rowing boats.**
- Only one boat or crew is allowed to use and enter the landing stage.
- The use of the **weight room** and **any other sports activities** inside or outside the boat halls are **prohibited.**
- The use of the **rowing ergometers is only allowed outdoors.** The official recommended minimum distance of 1.5 m must be observed. Before and after use, the rowing ergometers must be disinfected and cleaned.
- The **boat material** as well as sculls and possible other used objects such as tools must be thoroughly cleaned or disinfected after each use. Special attention must be paid to cleaning or **disinfecting** the contact surfaces.
- **After the end of the training, the sports facility must be left immediately.**
- Remember to bring enough water.

Further information on the corona virus can be found at <https://www.uni-bonn.de/die-universitaet/informationen-zum-coronavirus>