

Rules of the "Fitness-Treff"

1. Right of use:

- o The holders of rights of use are: All students and members of the Technical University of Clausthal, all students and members of the cooperation Universities and also full-aged guests with a valid user card- in condition of free capacities. The user card can be acquired at the office at the sports institute during the opening hours.
- o The user card must be brought to each practice and has to be put at the provided board. If a participant can't show his user card as requested, he must reckon with exclusion from the training.
- o In case of losing the user card, there is no cost-free replacement card. For an arrangement fee of 5€ you can get a new user card.

2. Use of the "Fitness-Treff":

- o The opening hours are Monday to Thursday at 08.00 a.m. – 09.30 p.m., Friday at 08.00 a.m. – 08.00 p.m. and at the course time Saturday 09.00-12.00 a.m. / 04.00 p.m. – 07.00 p.m. and also appropriate to current notices.
- o Hours of assisted training lessons: Monday & Tuesday 07.00 p.m. – 09.00 p.m.
- o At the hours of assisted training lessons there are professional trainer's onsite. At this time you are insured by the LUK (Landesunfallkasse).
- o The independent training out of the hours of assisted training lessons is at your own risk. In this case you are not insured by the LUK.
- o Newcomers are not allowed to train on their own if they don't have an instruction to the gym equipment. The instruction is during the hours of assisted training lessons. For an appointment of instruction you have to sign in on the list at the information board.
- o Glass bottles and eating are not allowed.
- o You have to bring along clean shoes as well as a towel for every training. You have to substitute your street shoes with your clean shoes. With the towel you shall protect the bolster.
- o All gym equipments are to be used in compliance with their appropriation to prevent damage and injuries. If you detect damage at the gym equipment before or during your training, you have to inform the responsible person immediately. Self-repairs are unlawful.
- o Weight discs on the barbells are to be secured with a fix. It is not allowed to drop weights and dumb bells to the ground.

- o You have to clean the cardio trainer with the disinfectants after usage.
- o You have to return the dumbbells, weight plates from the weight machines and/or the dumbbell bars to their original location after usage.
- o The information boards in the rooms must be respected.
- o Only staff and trainer of the sports institute are entitled to check the compliance with regulations of the "Fitness-Treff". In addition, the officials reserve the right in cases of breaches to declare a temporary utilization ban. The instructions of the staff and trainer of the sports institute must be followed.
- o The officials of the sports institute reserve the right to declare an unlimited utilization ban in cases of serious breaches.
- o By purchasing an user card any user acknowledges the General Conditions of the "Fitness-Treff" and commits to follow them. Furthermore every user is liable for intentional and negligent damage of the furnishings of the sports institute. During registration or before purchasing any services, every user is obliged to read the content of the regulations and its annexes.

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