

# Gym Rules

The purpose of these rules is to allow all users of the WHU gym to enjoy a trouble-free visit.

In order to maintain a pleasant atmosphere and to avoid the annoyance of other gym visitors, we kindly request all gym users to conduct themselves in such a manner so as to ensure that the premises are kept safe, clean and tidy. We would like to promote a sporting and fair spirit of cooperation among all visitors to the studio including trainers and caretakers.

## ■ General rules:

1. The WHU gym may be used by all students enrolled at WHU as well as employees and faculty members who hold either a student identity card or an employee identity card. The gym is not open to use by friends and acquaintances of the aforementioned.
2. The use of the gym is only permitted after competent instruction has been given by a trainer or an appropriately trained instructor.
3. In accordance with the requirements of the business inspectorate children who have not reached the age of 14 years will not be permitted to enter the gym premises.
4. We attach great importance to cleanliness. You can also play your part in making sure that every visitor to the gym feels comfortable when making use of the facilities.
5. Please follow the instructions of trainers and other staff in the gym at all times. In the event of disagreement, please contact the Manager of Facility Management at WHU. Serious violations against the terms of use will result in immediate exclusion from the use of the gym.
6. Sports bags may not be taken into the training area. There are adequate numbers of lockers in which such articles can be stored for the duration of gym visits. No liability can be assumed for bags or valuables during visits to the gym.
7. Please report any damages or defects to equipment immediately to Facility Management.

## ■ Training area:

1. Please do not wear any outdoor or dirty shoes while training in the gym. Only clean indoor or sports shoes are permitted.
2. For reasons of hygiene we request that all gym visitors bring a large towel with them in order that no direct contact between the skin and the padding or upholstery on the apparatus takes place. Those who tend to sweat profusely during intense physical effort are asked to take further preventative steps i.e. to bring additional clothing or towels with them. After using a device visitors are requested to clean it using paper towels and disinfectant.
3. Please put away free-weights and discs in their correct sets and on their appropriate stands after use.
4. Please give others the opportunity to use the weight sets you are not using at any particular time or when you are taking a break.
5. Please pay due care and attention to other gym users. Avoid making loud noises during exercises.
6. Please use appropriate clothing for training. Please do not train with a naked upper-body or in a tank top. Please show due consideration to others by wearing clean clothing and using deodorant when visiting the gym.
7. Smoking and eating is not permitted in the gym. Drinks are only permitted in unbreakable bottles or in those where liquid is not able to leak out.
8. It is not permitted for more than 38 persons to use the gym facilities at any one time, including the classroom. This ensures that the gym is adequately ventilated at all times.

If the maximum number of 38 is exceeded, this can lead to increased levels of CO<sub>2</sub>. If the maximum permissible threshold is exceeded, a red light signal will be activated in the gym. **In such an event all persons present must vacate the gym immediately! The ventilation system requires 30 minutes before anyone may enter the gym again.**

## ■ Course room:

1. In order to take part in the range of courses offered, membership of the Sports Association of WHU (HSSV) is essential. In addition, the participation in any course is subject to the payment of a fee.
2. To take part in the range of courses on offer please register for the relevant course until one day prior to its start date via myWHU.com.
3. In your own interest please wear the correct footwear which should be non-abrasive and clean e.g. no ballet shoes.
4. Every training session begins with a warm-up. This takes about 10 minutes. If you are late and miss the warm-up phase, you will not be permitted to take part in the remainder of the training session.
5. If you have problems or an injury, please inform the course supervisor immediately.
6. Please follow all the instructions from the course supervisors since they are responsible for your health and safety during the training session.
7. Please always bring a towel for exercises on the mats.
8. Please assist the course supervisors in putting away the apparatus. Stack the mats you used tidily. Put the smaller devices in the appropriate places. Position the indoor bikes in the correct areas according to the instructions your course supervisor gives you.

## ■ Liability and insurance

WHU assumes liability for all contractual and non-contractual claims, including those arising from its legal duty to maintain safety, only in the event that WHU caused the loss or damage willfully, or any such loss or damage was caused by WHU's gross negligence. All other assumptions of liability are excluded.

Fully enrolled students and employees at WHU enjoy at all courses offered by the Sports Association of WHU statutory accident insurance cover. This insurance, however, does not provide any insurance cover for individual sporting activities. Membership of the Sports Association of WHU is a condition for taking part in the courses offered by the aforementioned association. **These regulations apply only to courses organized by the Sports Association of WHU itself. Courses offered by external organizers are not covered by the statutory accident insurance.**

Furthermore, all WHU gym users are urged to take out third party insurance in order that they have adequate cover should they be involved in sporting activities which result in personal injury to third parties or damage to the property thereof.

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