

# HOUSE RULES

**The UT Sports Centre wants to create an environment where all members can exercise safely and with great pleasure. That is why we ask the members to adhere to the house rules for the safety of the employees and especially other members. A member can be made aware of the house rules. If you have any questions, please contact the front desk. Violation of these rules may result in withdrawal of membership, without refund of membership fees.**

## Fitness and group classes:

- Upon request, every user must be able to show a valid personal UT Card with sports and fitness rights.
- As a non-employee of the Sports Centre, it is not allowed to give private and/or group training sessions in the fitness room.
- The use of a towel is mandatory. Cover a device with the towel you brought with you before use.
- Wear clean (indoor) sports footwear. It is forbidden to enter the gym with outdoor shoes.
- Wearing appropriate sportswear is mandatory. Bare-chested training is not allowed.
- Personal belongings, sports bags, jackets and bags are not allowed in the gyms; They can be left in the locker room and possibly stored in the lockers provided for this purpose. We recommend that you do not take any valuables with you and that you use the lockers to store your belongings. The lockers are emptied daily. You cannot claim the use of a locker after closing time.
- The use of mobile devices, making phone calls in the gym and taking photos or filming that violates the privacy of fellow athletes is not permitted.
- Always tidy up weights, elastics, mats, etc. neatly after use. Do this with care, so put weights down slowly.
- Clean the equipment, training material and possibly the floor after use with the cleaning products provided.
- Take good care of our belongings and your environment; It is not allowed to drop the weights and other materials noisily on the ground or to throw them.
- Avoid loud noises while exercising, limit the noise level of your music.
- Children are only allowed in the gym when accompanied by an adult for safety reasons.
- Discrimination, name-calling, abusive language, harassing, bullying, irritating or hurting anyone will not be accepted and may result in sanctions.
- Report any injuries to the instructor before the start of the lesson so that they can be taken into account.
- The Sports Centre is not liable for theft and loss of property; Therefore, take as few valuables as possible with you.
- Participation in the training courses is at your own responsibility.
- If you have any comments or ideas to improve our services, we would appreciate it if you would let us know via the servicedesk (secr-sport@utwente.nl)
- Food and non-lockable drinking cups are not allowed in the sports areas.
- It is not allowed to use magnesium powder in the gym, liquid magnesium is allowed.
- The instructions of the staff of the Sports Centre must be respected and followed.
- Make sure you are present at least 5 minutes before the start of the (group) lesson so as not to keep your fellow athletes waiting and to set up your equipment (spinning bike, weights, etc.) if necessary.

Everyone is obliged to report damage caused immediately to an employee.

N.B. Failure to comply with these rules may have consequences.

The Sports Centre reserves the right to change the house rules.