

Terms of use for the university's fitness and weight rooms

1. Access authorization / registration

- Only those who are entitled to use them according to the [conditions of participation](#) can train in the fitness and weight rooms. The fitness and weight rooms are open all year round, including public holidays (note notices and information). The opening times are shown in the current sports program (online) and are published on notices. Special opening times and last-minute changes will be announced via notices on site and via email.
- **FIRST USERS** book a ticket online (www.usz.uni-halle.de) for an instruction session and present this to the trainer at the beginning of the booked instruction session together with a valid student ID / employee ID. After the instruction, the authorization for use for the current semester is activated.
- Members and employees of the Martin Luther University Halle-Wittenberg who have already used the fitness and weight rooms can book an "extension" online and receive further usage rights directly on site.

What to bring with you:

1. Proof of booking confirmation (printed or digital)
2. Valid student ID / employee ID
 - The fitness and weight rooms may only be entered by authorized persons. Access is regulated by a biometric entry control with a revolving door and is valid until the beginning of the next semester (due dates: April 15 / October 15).

2. Dress code

- The fitness, strength and changing rooms may only be entered with clean shoes! Before entering the studio, change your shoes in the anteroom (entrance area). Shoes that are used outside are not sports shoes for the studio, even if they are sports shoes.
- The training may only be carried out in sturdy, stable sports shoes. Barefoot training and unsuitable footwear are prohibited! This does not apply to stretching exercises on the mat, special strengthening exercises for the foot and calf muscles or in designated areas.
- Sports shoes / indoor shoes with an abrasion-resistant outsole are required for training!
- Complete sportswear suitable for the training must be worn during training! Not suitable and therefore not permitted for training are, for example: everyday clothing, jeans, dresses, gowns, headgear, etc., which can harbor the risk of accidents!
- It is forbidden to wear body jewelry if it can cause injuries to the wearer as well as to the other participants. Alternatively, it is possible to mask off close-fitting jewelry!

3. General guidelines / regulations

- The use of the devices and facilities requires responsible handling.
- Seats, backrests and upholstery must be covered with a sufficiently large towel and protected against contact with sweat.
- After using the devices, especially the contact surfaces must be cleaned with the available care products.
- No liability is accepted for bags, valuables, etc. These can be deposited in the available compartments during the training! The compartments can be secured with their own padlock. The compartments must be completely cleared after the training or made free for the next user. The padlock must be removed! The supervisory staff is authorized to open all compartments after 10:00 p.m., to vacate them and thus to make them accessible again for general use!
- It is recommended to use power grip gloves or cycling gloves. These protect plastic handles from hand sweat, palms from friction on metal handles and increase safety!
- Telephoning in the training room is prohibited. Mobile phones that you have brought with you must be switched to silent mode.
- You can only listen to your own music through headphones.
- Bringing animals is prohibited.
- Bringing and consuming non-alcoholic beverages is permitted. But these have no place in the training area! Furthermore, glass containers of any kind are prohibited in the entire facility!
- After training at a station, dumbbell bars / weight plates / handles / mats / clamps etc. must be cleaned, cleared and deposited in the stands / places provided.

4. In order to exclude material damage and personal injury, the following safety rules and instructions for use must be strictly followed

- Before starting the training, check that the machines are in perfect working order. Defects must be reported immediately to the instructor or the University Sports Center.
- Before each use of the devices, check whether the cables, ropes or bands are in the pulley protective housing and run properly in the guides.
- If it does not function correctly during training - especially if there is frictional resistance on pulleys, ropes and rods - the use of the power machine must be stopped and reported immediately.
- Before starting the training, select the desired weight and make sure that the pin on the weight plates is in the guide as far as it will go.

- Never operate the adjusting lever when it is under tension.
- Never allow weight plates to hit each other while exercising. Otherwise weight selection pins can move out of the guide and block the weight block. Caution, risk of accident!
- When training on the pulling devices, it is essential to stick to the pulling direction. Avoid excessive deviations from the specified pulling direction!
- When placing the dumbbell bar on the multi press, the user must ensure that the safety hooks are fully locked before leaving the device. Caution, risk of accident!

Training with free dumbbells

- Always secure the discs with the locks on the rods.

Caution, risk of accident!

- It is particularly important to ensure that the exercises do not endanger other people. Keep a safe distance!

Training on the cardio fitness machines

- Follow special usage regulations. Do not make any settings without knowing the regulations and usage rules!
- In principle, a towel should be used!
- Sweat wetting of the display and the device is to be avoided as far as possible. The used device must be cleaned after use with the cleaning materials provided!

The instructions of the staff must be followed!

The exercise instructors / trainers can cause exercises to be stopped immediately if - in the opinion of the trainer - they endanger their own health or others or there is a risk of damage to the equipment!

Entering the sports facility and / or using the equipment while under the influence of alcohol, doping substances or other drugs is prohibited!

The users are liable for any damage to machines and devices as well as for damage to health due to improper use!

Violations of these guidelines will result in the immediate loss of user authorization!