

# CONDITIONS OF USE

# Weight Gym

The use of the „*Weight gym*“ **is only permitted after prior instruction, documented instruction and only with a valid semester ticket** for the current semester in the booked time spot. The semester ticket must be presented to the USZ staff on request.

Clothing, valuables and bags, rucksacks and the like must be locked in the changing rooms.

Please keep **a safety distance of at least 1,50 m** from others!

Assistance and safety position can only be provided with **mouth and nose cover**.

Entering the weight room is only allowed with **clean and solid sports shoes!** For hygienic reasons, please bring **a large towel** with you when you train!

After using the weight station - **surface disinfection of used equipment and dumbbells and bars**.

The **functional efficiency and stability of the equipment** must be checked before use. Defective equipment must not be used and must be reported to the USZ staff!

When handling barbells, dumbbells, pull bars, etc., **special care** must be taken when picking up, practicing and putting them down and consideration must be given to other users (risk of injury). Dropping or dropping of freely movable power equipment (dumbbells, weights) is prohibited!

Exercising alone is only allowed to use the barbells and the leg press **with low weights** - risk of accident, insurance cover!

The equipment must be adjusted to the respective body measurements so that the joint movement takes place in extension of the rotation axis of the equipment. Protect the equipment and joints by slowly returning the weights to the rest position. By wrong technical execution, by too high loads and without previously instructed partner safety device, there is an acute danger of injury and the possibility of consequential damage.

**The use of magnesia is prohibited.**

**The equipment rules must be restored after the end of the training.** After use, mobile sports and strength equipment must be deposited in the designated parking and storage facilities or brought to the designated place (e.g. dumbbells, weight plates, pins, carabiners, benches, stools, mats, etc.).

Training methods must be observed: Warming up and cool down / stretching / correct execution of exercises / correct breathing / no excessive demands!

The USZ of the Bauhaus-Universität Weimar does not accept any liability in case of illegal use, improper handling of the equipment or if damage is caused to other persons! In the event of violations, a ban on the use of the „*weight gym*“ can be issued. There is no claim for repayment of the semester fee.