

## Terms of Use of the AStA's fitness room - Hochschule Kaiserslautern, Standort Zweibrücken -

### ● Holder of Rights of Use

- The use of the fitness room is allowed to every student, employee, and docent of HS KL.
- It is necessary to fill in the form together with presenting the personal ID and student's card. By signing, the terms of use are accepted. (*The terms of use can be viewed by everyone, either on the website (<http://www.asta-zw.de>) or as bulletin in the fitness room.*)

### ● Costs

- For using the fitness room, we demand fees per semester. This fee is 20, - € for students and 35, - € for employees and docents.
- The fees are used to ensure the safety of the facilities, to restock expendable materials (*cloths, disinfectant, silicon for treadmill, etc.*), and to pay the GEMA (*Society for musical performance and mechanical copyrights; see bulletin „music in the fitness room“*).
- By demanding fees it is made sure that only those who use the fitness room pay for it so that the collegial funds are not used.
- Fees are to be paid each time before the semester starts. This can be done in the office during sport's consultation hours (*see bulletin in front of the office or website*). At the beginning of each semester, all keys are blocked if the fee is yet to pay.

### ● Requirements for Access

- The fitness room is secured by an electronic access system.
- By signing the contract, users get access with their student/employee card.
  - The access is only personal and must not be given to anyone else!
  - The name and the email address of the contract are saved with the key number.
- Access is possible around-the-clock and is independent of lecture time.
  - Exceptions:
    - On Wednesdays between 4 and 5 pm the fitness room is closed due to cleaning.
- In front of the entrance is a sensor where the student/ employee card must be held at to activate the opening mechanism.
- The user is obliged to register at the terminal (screen next to main entrance) at the beginning of the session and also to deregister at the end. To do that, the key must be held in front of the sensor.
- In case of unauthorised access (*e.g. through window, blocking the door, etc.*), the user is blocked for the course of the semester. Moreover, he/she is reported to the police.

### ● User's Duties

- Instructions of the sports department must be followed. This may also occur by bulletins in the

# Allgemeiner Studierenden Ausschuss

Hochschule Kaiserslautern - Standort Zweibrücken  
Amerikastraße 1 66482 Zweibrücken  
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fitness room.

- o clothes and shoes:
  - After entering the fitness room, walking-shoes must be put off at once and be stored in the dressing room. This also means that sport shoes must not be put on before entering the fitness room.
- o Due to their own safety, users must not train alone.
- o It is prohibited to provide access to unauthorised persons. In case of violation, users are blocked for the course of the semester and are reported to the police.
- o notification requirement:
  - Damages, deplorable conditions, or violations of the terms of use must be reported immediately to the sports department, either personally or via email (*sport.astazw@hs-kl.de*).
- o information requirement:
  - The user guarantees to check the given email address on mails from sport.asta-zw@hs-kl.de on a regular basis.
  - Sent emails are considered to be read and accepted by us.
- o behaviour during exercising:
  - The exercising person must use a towel as an underlay for reasons of hygiene.
  - The cardio equipment (*treadmill, bicycles, rowing machine ergometer, ...*) must be cleaned after use with the available disinfectants.
  - Bicycles and the rowing machine ergometer go automatically in stand-by. The treadmill must be turned off at the power switch on front of the device when the last person exits the room.
  - Exercising with weight plates is only allowed if these are fastened safely.
  - Weight plates must be put back properly at the racks (*see pictures in the fitness room*).
  - No weight plates must be placed onto the weight banks.
- o behaviour after exercising:
  - Before leaving the fitness room, it must be made sure that either the windows are closed, the multimedia system and lights are turned off and that the room is in the same condition as it was when entered (*weight benches at their position, weights on the racks, devices off, ...*).
  - Walking-shoes must be put on again at the destined seat benches at the main entrance on the carpet.
  - The user must deregister when he/she leaves (*see „requirements for access“*).
  - It must be made sure that the door is closed correctly.

## ● Multimedia System

- o stereos:
  - There is a stereo system in the fitness room which a user can put a playback device on via a 3.5 mm phone jack.
  - The AStA pays the GEMA (*Society for musical performance and mechanical copyrights*) for this room so that users may play any kind of music [*both originals and legal copies are okay, independent of its format (CD, MP3, AAC, ...)*].

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- o TV:
  - There is a TV in the fitness room which can be used via the remote.
- o The AStA pays GEMA (*Society for musical performance and mechanical copyrights*) to allow users to play any kind of music and videos.
- o Videos and songs with inadequate, racist, pornographic content or which glorify violence are not allowed.
- o The systems may be used by anyone as long as no other user feels disturbed or bothered by the media.
  
- **Eating and Drinking**
  - o Eating and alcohol is prohibited.
  - o Beverages may be provided by oneself.

**We reserve our right to warn and, if applicable, block users that do not obey the terms.**

**We wish you a lot of fun and hope that you help us to keep our fitness room in its current condition.**

**Yours, AStA Sport**