The RWTH GYM offers health oriented and effective fitness training for all sport enthusiastic students and employees.

In order to ensure a trouble-free training, an understanding and considerate manner is required.

That is why the RWTH GYM has certain terms of use that all attendees need to follow equally.

**Clothing:**
Please wear fresh sportswear and no regular clothes.

T-shirts should cover the shoulders, therefore tops and muscle shirts are not allowed.

Sports shoes should be dry, clean and indoor shoes only.

Due to hygienic and safety reasons, training without shoes is not permitted.

As people usually sweat while exercising, please do pay attention to personal hygiene and the use of a deodorant.

**Training Equipment:**
You need a firm cotton hand towel with a minimum size of 50x100cm to place on training devices and other surfaces, for example mats, in order to avoid direct contact with the equipment.

Please do not insert the towel in the RWTH GYM belt, but lay it loosely on top of the cushions.

We recommend that you drink sufficiently and bring a drinking bottle.

For this purpose, the RWTH GYM provides two free water dispensers. You are only allowed to use them with a plastic bottle that has a minimum diameter of 4cm at the opening and a maximal height of 22cm.

Only closed bottles made of plastic are permitted, glass bottles and food are not allowed.
Handling Training Devices:
The RWTH GYM is a fitness center with a diverse and extensive offer of devices and tools for fitness training and strength training.

Since the RWTH GYM is a mature building with partially older stock, the knocking together or dropping of weights is not permitted, as it may cause damage to the building.

Cardio machines (endurance machines) need to be disinfected after use. Please spray the disinfectant in a paper towel and wipe over the surfaces of the machine. Disinfectant is provided at a central spot.

Weights, dumbbells, and other small material have a fixed place in the RWTH GYM. Please bring these back to the marked spot after using them, as the next sportsmen will thank you for it. That way, long searching and heavy lifting can be avoided.

Training Zones:
The RWTH GYM offers various different training zones.

Weights and dumbbells should only be used on the special rubber floor. It is not permitted to do exercises with the weights in the transit area.

When courses are taking place in the cardio room or in the Queenax ® zone, these areas cannot be freely used. Otherwise, these zones can be used for training as well.

It is not permitted to reserve a training device by putting a towel on it. Please be considerate and clear the device in your breaks.

Safety:
Due to safety and liability reasons, we recommend not to bring or use any private sport devises at the RWTH GYM.

Please pay attention to your bags and valuables and lock them away with your own padlock in the provided lockers in the changing rooms. Additionally, there are special valuables boxes in the service area, as it is not permitted to bring bags into the RWTH GYM.

Changing Room and Showers:
Please take care to lock your private belongings away in your own interest.

We request that you leave the changing rooms and showers as you would wish to find them. Due to hygienic reasons the removal of body hair is not possible in the entire changing rooms and showers.

The RWTH GYM TEAM wishes you a pleasant training session at the RWTH GYM!