Test Obligation and Test Recommendation
Please note that access to indoor swimming pools is only possible with a negative test result. Even if there is currently no test obligation for all other sports classes, we recommend that you get tested before the start of the class for indoor activities in the RWTH Gym and for contact sports.

Sports Facilities
You may only use the sports facilities of the University Sports Center (HSZ) during training hours. The sports facilities of the HSZ are to be left immediately after the end of the training.

Corona-Warning-App
We strongly recommend using the Corona-Warning-App whenever possible. A QR code will be generated for the classes of the HSZ Interim Program, which will automatically send a risk alert to QR code users if it is used and a participant is potentially Covid19 ill.

Mask Requirement
It is mandatory to wear a mouth-nose protection in the check-in area as well as in the locker room. The mouth-nose protection may only be taken off after entering the training area, in compliance with the routing. It is also compulsory to wear the mask when going to the toilet. The mouth-nose protection must be worn as soon as the training area is left.

Observe Distance Rules - Refrain from Physical Contact
During a training session, the prescribed distance between the persons engaged in sports activities must be maintained at all times. Handshakes, high-fives, hugging, etc. are to be completely avoided. Backing up, assisting or partner exercises are prohibited.

Observe Personal Hygiene Rules
Frequent and intensive hand washing of at least thirty seconds with soap and hot water is recommended. Touching the face with the hands should be avoided. The prescribed cough and sneeze etiquette must be followed. Hands must be disinfected when entering the RWTH GYM. Appropriate cleaning stations are available in the entrance area.

Exercise Only When Healthy
Only those who are completely free of Coronavirus symptoms in their own self-assessment may participate in training and be at RWTH GYM facilities. Only absolutely symptom-free persons are allowed to come to the training. Those with typical symptoms such as cough and fever should stay home and contact their primary care physician by phone. This also applies to diarrhea, nausea, unexplained severe fatigue and muscle pain, and disorders of the sense of smell or taste. Anyone acting contrary to these instructions will be immediately expelled from the facilities.

Changing Rooms and Showers
The use of the changing rooms and showers is possible in compliance with the hygiene and distance regulations. Due to the reduced capacity, the availability of lockers cannot be guaranteed.
Bring Your Own Drinks
Due to stricter hygiene requirements, there are currently no water dispensers available. We recommend bringing your own drinks (glass bottles are not allowed in the sports facilities of the HSZ).

Access Regulations RWTH GYM
For the use of the RWTH GYM it is necessary to book a training slot. The booking of training slots is done online on the RWTH GYM website. The maximum training time is limited to 90 minutes per person per day.

Check-In and Check-Out Mandatory
In order to track possible infection chains, check-in as well as check-out is mandatory and will be done via the RWTH GYM Service Desk.

Minimum Distance and Routing
A minimum distance of 1.5 meters must be maintained in the facility. The routing (one-way system) is mandatory and must be adhered to at all times to ensure minimum distances.

Equipment Hygiene
The contact surfaces of all sports equipment (dumbbells, handles, kettlebells, strength equipment, cardio equipment) must be cleaned and disinfected independently after each use. For this purpose, you will find additional mobile disinfection stations next to the disinfection stations.

No High-Intensity Endurance Training
High-intensity cardio training (interval training, HIIT, anaerobic training) is prohibited. Cardio equipment can still be used for warm-up and cool-down, maximum usage time of cardio equipment is 15 minutes.

Act Responsibly
The sustainable implementation of the interim offer stands and falls with the considerate and responsible actions of all participants. We urgently need your help, especially in observing the special rules. Therefore, please always follow the instructions of the HSZ staff. Otherwise, we will be forced to suspend sports operations immediately.

Last update: July 1, 2021