



Universitätssport

Rules of behavior, contact and hygiene for participation in the indoor courses.

(as of 11.10.2021)

Hygiene rules

- Participation is allowed only in a healthy condition without symptoms of illness.
- Masks are mandatory in the entire indoor area of the sports hall! I.e. as soon as sports are not being practiced, a medical mouth-nose protection must be worn.
- It is strongly recommended to follow the common hygiene rules (washing hands more frequently, sneezing and coughing into the crook of the arm, etc.) and to use the disinfectant provided.

Distance rules

- As soon as sports are not being practiced, the minimum distance of 1.5 m from other persons must be maintained at all times. This also applies when waiting in front of the sports facility and on the way to or from the actual sports area.
- Physical contact outside the game situation must be avoided and in particular handshakes, high-fives, hugging and cheering or mourning within the group must be completely refrained from.
- Separate storage areas for bags, clothing, etc. are marked at the front wall of the sports hall. The minimum distance must also be observed when storing sports bags, etc.

Changing rooms and showers

- The dressing rooms have limited use and the showers are closed. Please come dressed to the course and change shoes in the gym.
- The toilets may only be entered individually.
- It is also compulsory to wear a medical mouth-nose protection in the changing rooms and toilets.

Regulations for the course implementation

- Outside the opening hours of the outdoor facility, i.e. before 13:00 and after 17:00, the participants gather in front of the main entrance to the sports area and are led to the sports hall by the instructor. Therefore, please arrive on time for the course. **Since the gym will be locked during the course, participants who are late will not be able to participate in the course.**
- No mats or small fitness equipment will be provided. Please bring your own mat (if needed).
- There is a limit for people in the university sports facilities and sports groups are not allowed to meet each other. Therefore, please leave the sports hall immediately after the end of the course through the emergency exit.
- Due to Corona, the ventilation of the gym must run at the highest level on outside air mode. Therefore, it can get chilly in the hall when the outside temperature is cold. Appropriately warm training clothes are recommended.
- Staying on the sports outdoor area before and after the course is prohibited.

Testing and verification obligation

- In the Corona "basic level" the 3G rule applies for participation in the course! This means that **all participants must either be vaccinated, recovered or tested (daily antigen rapid or PCR test)**. The test must not be older than 24 hours and must be certified by a doctor, test center, employer, pharmacy or similar. Self-tests (on site) or unofficial certificates will not be accepted and participation in the course is not possible in this case.
- In case of worsening of the corona situation, the obligation to provide proof may be tightened:
 - At the corona "warning level", PCR testing is mandatory during sports for unvaccinated or unrecovered persons at 3G.
 - At the Corona "alert level", non-vaccinated or non-recovered persons are prohibited from participating in and entering sports (2G rule).
- We would like to point out that the occurrence of a level other than the basic level is to be considered as a major force and the cancellation conditions of the university sports remain valid. That means there is no entitlement to a refund of fees for offers if personal participation should no longer be possible due to the occurrence of a higher level.