



Universitätssport

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

(as of 28.01.2022)

Hygiene rules

- Participation is allowed only in a healthy condition without symptoms of illness.
- FFP2 masks are mandatory in the entire indoor area of the sports hall! **This means that a respiratory protection mask (FFP2 or comparable) must be worn as soon as sports are not being practiced.**
- 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 an FFP2 mask in the changing rooms and toilets.

Regulations for the course implementation

- The meeting point is in front of the main entrance to the sports ground and the participants will be led to the sports hall by the trainer. Therefore, please be on time for the course. **As the outdoor area and the sports hall will be locked during the course, participants who are late cannot take part 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 (according to Corona regulation Baden-Württemberg)

Participation in indoor sports is subject to the presentation of the following evidence:

- **Basic Level:** The 3G rule applies! I.e. all participants must be either vaccinated, recovered or tested (daily official antigen rapid or PCR test, no self-test).
- **Warning Level:** The 3G rule applies! I.e. all participants must be either vaccinated, recovered or tested (daily official antigen rapid or PCR test, no self-test).
- **Alert Level I:** The 2G rule applies! I.e. for not vaccinated or not recovered persons a participation and admission prohibition is valid and they cannot participate in the sport courses.
- **Alert Level II:** The 2G+ rule applies! This means that in addition to the vaccination or convalescence certificate, an additional antigen rapid test from an official testing station must be presented for participation. Exempted from the test obligation are boosted persons as well as persons whose last required single vaccination or recovery was not longer than three months ago.

We would like to point out that the occurrence of a level other than the one applicable at the time of registration is to be considered as force majeure and that the cancellation conditions of University Sports remain valid. I.e. there is no right to a refund of fees for offers if personal participation should no longer be possible due to the occurrence of a higher level.