REGULATIONS FOR USE OF TILBURG UNIVERSITY SPORTS CENTER FITNESS FACILITIES

1. These regulations have been produced to ensure the safety of all users.

2. Users must wear appropriate attire and indoor sports shoes.

3. Coats, bags and valuables must be placed in the lockers located in the corridor. No bags are permitted in the fitness rooms. The Sports Center does not accept liability for the loss or theft of personal property.

4. Users must follow the instructions of staff at all times.

5. Please report any defects in the fitness equipment to the fitness instructor or front desk.

6. Dumbbells, weights, halters and benches must be returned to their allocated place after use.

7. When you have finished using a piece of fitness equipment, you should clean it with tissue paper (supplied) or a clean hand towel.

8. Users must have a hand towel for use throughout the training session. Towels can be rented at the front desk for €1.00. Your Sports Pass will be held as security.

9. Mobile telephones must be switched off in the fitness rooms.

10. Liquid magnesium is allowed in the fitness rooms. No other use of magnesium is allowed.

11. No food may be brought into the fitness rooms.

12. Water and energy drinks may be consumed while training.

13. Using the gyms and fitness equipment is at your own risk. Tilburg University Sports Center cannot be liable for any accidents/incidents.

14. In addition to these regulations, the regulations of the Tilburg University Sports Center also apply. www.tilburguniversity.edu/sportscentre/sportscentreregulations.pdf

Tilburg, May 2012