



Specific fitness area rules

- Athletes in the fitness rooms must follow the instructions of the staff present, which relate to physical and social safety and to ensure order and rules.
- Bags, jackets or other luggage may not be placed in the fitness rooms. Small bags with training aids are allowed, as long as they do not hinder safety.
- During group lessons, the fitness room can be closed off for individual athletes.
- After use, all materials must be returned and neatly put away in their original location.
- The fitness equipment must be left clean and dry after use and, if necessary, must be cleaned with a cleaning agent.
- Throwing or dropping weights is not allowed.
- If damage/destruction is caused to sports equipment, the perpetrator is held liable for this damage/destruction. In the event of theft, this will be reported at all times reported to the police.
- No fitness equipment may be placed in front of the emergency exits/pathways.
- The use of a towel during training is mandatory.
- Screaming and excessive groaning during training is not permitted.
- The use of mobile phones to support the training is permitted.
- Filming and taking photos other than yourself is not permitted in the fitness rooms. In exceptional cases, permission must first be requested from fellow athletes who are clearly recognizable on screen.
- The use of liquid magnesium is permitted in the fitness rooms. The use of all other forms of magnesium are prohibited.
- No food may be brought or consumed in the fitness rooms.
- It is permitted to drink water or energy drinks during training from lockable drinking bottle/water bottle.
- Wearing sportswear is mandatory.
- Always wear clean sports shoes. In exceptional cases, you may train in socks when you are stationary at a station. As soon as you go to the next station, you have to wear shoes again.
- It is not permitted to provide personal training without permission.
- Exercising Olympic weight lifting exercises is not allowed due to safety reasons, except at Fitness T-Kwadraat.

See also general terms and conditions that apply to the entire sports center at:

<https://www.tilburguniversity.edu/sites/default/files/download/Algemene%20voorwaarden%20Tilburg%20University%20Sports%20Center%20%281%29.pdf>

