



General Instructions for participants in university sports

A general instruction is usually given by the trainer during the first course unit, followed by the sport-specific instruction. Each participant confirms acknowledgement by signature.

Sportcourse: _____

Trainer: _____

Course-No: _____

Sports courses are open to	Everybody who has booked the course and paid the fee. The person booking accepts the General Terms and Conditions of the University Sports Centre. The sports acrobatics, climbing, cycling, horseback riding, trampolining, swimming and water riding sports require an additional sport-specific instruction, which the participant has to sign. The document can be found at: https://tu-dresden.de/ze/usz/kursleiter/belehrung
Trainer/s	Sports facilities and equipment may only be used in the presence of a trainer. Participants are obliged to obey the instructions by trainers, staff of the University Sports Centre, and the staff at the sports facility. Failure to do so may result in an exclusion.
Cancellation	In the interest of a good utilization of the courses, participants may be excluded from the course, after the second unexcused absence. The entitlement to a place in the course is thus void. Please always send your note of absence directly to the trainer (contact form opens by clicking on the name).
Insurance	Students are covered by accident insurance through their university; employees only under certain conditions (see General Terms and Conditions). There is no insurance cover for guests.
Accidents	In the case of accidents (including accidents on the way to the facility), an accident report must be completed, signed by the trainer and handed over by the participant to the University Sports Centre. The doctor's consultation must be carried out at an accident insurance doctor. The accident report form can be obtained from the trainer and from the website of the University Sports Centre. It is recommended to conclude a private liability insurance.
Health	Each participant is encouraged to carry out the exercises according to their own capacity and to only take reasonable risks. Participants with health problems, which can lead to acute conditions (e.g. diabetes, epilepsy, allergies, etc.), please inform the trainer about the necessary first aid measures. This also applies to pregnant women in order to avoid risky exercises. Trainers are subject to confidentiality.
Training clothes	... must be adapted to the type of sport and weather conditions. Sports shoes must be abrasion resistant and clean. Jewelry, festival bracelets etc. must be taken off. Piercings are to be removed or taped.

