

Universitätssportzentrum

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	Everybody who has booked the course and paid the fee. The person
courses	booking accepts the General Terms and Conditions of the University Sports
are open	Centre. The sports acrobatics, climbing, cycling, horseback riding,
to	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	must be adapted to the type of sport and weather conditions. Sports
clothes	shoes must be abrasion resistant and clean. Jewelry, festival bracelets etc.
	must be taken off. Piercings are to be removed or taped.



Changing	has to be done in the changing rooms provided for this purpose.
Changing	
	Participants have to store their valuables at their own responsibility. TUD
	assumes no liability for the loss of personal property.
Materials	Each participant is required to handle the equipment and furnishings
	carefully and keep order and cleanliness. Damage must be reported to the
	trainer. Damaged material must not be used!
Sport	Water and energy are to be used economically. Smoking and alcohol
facilitie	consumption are prohibited. Bicycles are to be parked in the stands
S	provided for this purpose. The respective Sports Facility Regulations must
	be observed. Glasses, glass bottles and food are not allowed in the
	facilities.
Photos	The participant agrees that during the course photos may be taken.
	Participants, who do not want to be photographed, must inform the
	trainer. An opposition to the publication is possible at any time (see
	General Terms and Conditions).

I confirm with my signature the acknowledgment of:

- 1. General information for university sports participants
- 2. Hall / sports facility regulations
- 3. If necessary Sports-specific instruction / instructions

Name, first name

signature