

## **House regulations gym**

### **Access to the gym**

- A valid Erasmus Sport pass including access to the gym.
- It is strongly recommended to follow the instructions of the fitness instructors.
- It is possible to work out during the opening hours of Erasmus Sport.

### **Use of the gym**

- Clean sportswear and indoor shoes are mandatory. Flip flops are not allowed.
- From a hygienic point of view, it's mandatory to bring and use your own towel on the fitness equipment.
- Bags are not allowed. For the safety of your personal belongings, store your bag in one of the free lockers.
- Food and drinks, other than water bottles that can be closed, are not allowed in the gym.
- At the end of your training session, the equipment (weights, dumbbells, etc.) must be placed back in the designated places. Empty the bars after the last set.
- Cardio equipment must be cleaned after the training session. Paper towels and cleaning fluid are available.
- The sports pass can be confiscated if it is used in violation of these regulations.

### **Liability**

- Any damage to the gym and/or its equipment, as well as accidents and injuries, must immediately be reported to the available fitness instructor. Culpable damage will be recovered from the perpetrator.
- The use of the gym and its equipment is at your own risk. Erasmus University Rotterdam and/or Erasmus Sport are not liable.