



House rules for UM SPORTS

To ensure that everyone can practise sports in a safe and healthy way and that the sports facilities and equipment are properly maintained, we uphold the following house rules for anyone participating in UM SPORTS activities.

Activities in the University Sports Centre

- You must register in advance for every activity at the University Sports Centre (USC).
- If you are unable to attend, you are obligated to deregister.
- Be on time for your sports activity. For some sports classes, you need to be present 15 minutes before the class starts. If you are late, you may be denied access to your activity.

Clothing, footwear, towel and water

- Wearing adequate sportswear is obligatory for all activities of UM SPORTS.
- Clean sport shoes are obligatory for all indoor activities. Please bring your sport shoes and put them on in the changing rooms of the USC. You are not allowed to enter sport halls wearing outdoor shoes. Keep your shoes/feet off the walls and the leather padding of the equipment.
- The use of a towel is obligatory. Wipe your sweat off the cardio and other equipment with the provided spray and a towel. Towels are for sale at the USC front desk (€ 10.00).
- Bring water to prevent dehydration. Water bottles are for sale at the USC front desk (€ 4.98). Glass bottles, cups and cans are not allowed!

Lockers provided for personal belongings

- Use one of our free lockers to store your personal belongings. Only bring a towel, water bottle and your UM SPORTS card to your sports activity. Sports bags, jackets and other objects are not allowed inside the sports halls and the gym.
- The use of mobile phones during group activities is not allowed. During individual sports activities, such as in the gym, you can use your phone as long as you show consideration for others (e.g. low volume, do not take videos/photos of others).

Valid member card

- Check in upon entrance; present your valid UM SPORTS member card at the service desk to be scanned.
- For squash, you need to pick up a squash card at the front desk of UM SPORTS. This squash card must be placed in the appropriate holder at the squash court.
- If your member card is lost, you will be charged € 5.50 for a new card. In case of theft, costs will not be charged if you are able to show a police report.
- Participating without a valid membership, falsifying a membership card, reselling a membership and buying someone else's membership, are all considered fraud. In case of fraud, measures such as termination of your membership can be taken by UM SPORTS.



Gym rules

- Be polite to fellow members and share equipment during busy times. Do not reserve multiple exercise stations for yourself at the same time.
- Food is not allowed in the gym.
- For weights, use rubber tiles and avoid direct contact of weights with the red floor. Do not drop weights from a height.
- Chalk is only allowed in liquid form and when necessary for barbell exercises at the racks. If you make chalk marks on the floor or equipment, clean after use.
- Place weights and other equipment back where it belongs after use.
- Aggressive or annoying behaviour such as screaming and excessive grunting is not allowed.
- The practice of martial arts or combat sports (e.g. wrestling or boxing) is not allowed, apart from during a scheduled activity.

General conditions

- Participation in all activities is at your own risk.
- Maastricht University is not responsible for loss of clothing and/or valuables. UM SPORTS offers the possibility to use a locker for free.
- Smoking, as well as the use of alcohol and drugs, is prohibited in and around the USC.
- Lost property is kept at the USC for a maximum of two months (in containers near the lockers). Small, valuable objects are kept behind the front desk.
- With undesirable behaviour, such as aggression, violence and discrimination, measures such as termination of your membership can be taken by UM SPORTS.