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## Regulations of the Fitness Room of the East Campus Sports Hall

### 1. General Information

#### The Sports Hall

The Sports Hall is located on floor -1 of Sector C on the USI/SUPSI East Campus. In order to move around the premises and reach the Sports Hall, the use of a USI/SUPSI university personnel card is necessary and compulsory.

The Fitness Room is open 7 days a week, 365 days a year, from 6 a.m. to 11 p.m.

The presence of the hall instructors cannot be guaranteed during all opening hours. In their absence in case of need, you can contact the Sport Service (058 666 47 97) from Monday to Friday from 09.00 to 13.30, at other times the USI Security Service (058 666 47 30). We would like to inform users that there is no telephone network available in the Campus Sports Hall, but only a connection via Wi-Fi. In the event of necessity and emergencies, a landline telephone located on the wall near the entrance to the equipment room is available.

The Management and the Sport Service reserve the right to change the opening hours and to close on holidays or in case of need.

#### The Desk of the Sport Service

For general information, reports or questions regarding subscriptions, the Sport Service office is located at Campus Est in Viganello, via La Santa 1 (sector D - Office D0.07).

The desk is open Monday to Friday from 9.00 to 13.30.

Other contacts can be made by e-mail at [sport@usi.ch](mailto:sport@usi.ch) or by telephone on 058 666 4797 (Monday to Friday from 9 a.m. to 1.30 p.m.)

## 2. Conditions of sale and suspension of subscription

- The fitness room is only accessible to those who have a "Fitness Room" subscription.
- Users who are inside the Fitness Room or Classes Room but do not have a valid subscription will be asked to leave the space and will be reported to the relevant management (USI or SUPSI). At the second infringement, the user will be banned from the USI/SUPSI East Campus Sports Hall indefinitely.
- It is strictly forbidden to use one's university badge with a valid season ticket to gain access to third parties without a season ticket. All persons involved in the action will also be reported to the Management and the second warning will result in the indefinite suspension of their season subscription.
- Your season subscription will be credited to your university badge. If you do not have a badge, you will need to use a GUEST CARD which you can collect from the Sport Service Desk during opening hours. The provisional badge will be issued subject to a deposit of CHF 20 (payment by debit card, credit card or cash) at the Sport Service Desk.
- It is mandatory to return the GUEST CARD to the Sport Service Desk no later than 12 days after expiry of the subscription. After the deadline has passed, the deposit of CHF 20 shall be retained.
- By taking out a subscription, the user declares that he/she is in a fit state of health and physical condition to practise physical activity.
- **Sickness/injury suspensions:** Subscriptions that must be interrupted for reasons of illness, injury, pregnancy may be suspended for the duration described on the medical certificate. In the absence of certificates, claims for suspension will not be considered.
- **Suspension for curricular reasons:** any interruptions due to training, such as mobility, may be granted upon presentation of official documents. Such cases will be assessed individually by the Sport Service.
- The refund of a subscription is only possible within 7 days from the date of purchase. Any requests after the defined period will be assessed individually by the Sport Service.
- The "Fitness Room" subscription only refers to the space and activities in the Fitness Room of the East Campus Sports Hall. Holders of this season subscription may only access the Classes Room if there is no class in progress. Subscribers are allowed to participate in the Virtual Classes proposed in the weekly Class Schedule.
- It is possible for new users, by appointment, to be tutored by an instructor who will introduce the user to the correct use of the equipment.
- If you need specific advice on personalised training from our instructors, a dedicated package called 'Fitness coaching' is available. We invite users to visit [www.sport.usi.ch](http://www.sport.usi.ch) for more details.

## 3. Rules of behavior

### Fitness Room

- Users must scrupulously comply with the instructions of the Sport Service staff on how to use the equipment.
- Users are asked to leave the movement rooms and changing rooms at 11 p.m.
- Every day at 11.00 p.m., the picket staff of the Security Service will carry out a check in the Sports Hall to ensure that the spaces are closed properly.
- The use of magnesite is forbidden in the entire Fitness Room area.
- The sound system may not be modified or operated for personal or group use without the authorisation of the Sport Service.

- At the end of the exercise, it is compulsory to leave the large equipment free of personal belongings and to store any small equipment in the spaces provided.
- You are required to maintain a proper demeanour and language, respecting the rules of hygiene and politeness, both in the changing rooms and in the Sports Hall. Shouting or shouting that may disturb the other users present is prohibited. The Sport Service reserves the right to take action when deemed necessary.
- For reasons of care and surveillance, the Sports Hall is video-monitored and cameras are positioned in several places in the Sports Hall, specifically: at the entrance, in the Classes room, in the Fitness Room, in the corridor near the lift and in the corridor leading to the changing rooms.
- Appropriate clothing must be worn: clean indoor shoes, shorts and T-shirt (flip-flops or flip-flops are forbidden).
- Shirtless training is not permitted.
- It is compulsory to use a towel on the machines, benches and equipment contact areas.
- It is forbidden to bring in any kind of animal.
- It is forbidden to smoke, consume alcohol, sell doping products or promote their use.
- It is not permitted to carry out a lucrative activity within the Sports Hall premises (e.g. personal training).
- Please respect the privacy of other people: photography or filming is not permitted without the consent of the people involved.
- In the event of an emergency, in the absence of personnel, the user must promptly notify or contact the emergency numbers, using the special telephone located next to the access door to the equipment room (near the defibrillator). The emergency numbers are printed on the phone itself for ready viewing and use.
- In the event of an excessive turnout in the Fitness Room, assessed solely by the specialised instructors of the Sport Service, access may be temporarily interrupted to allow subscribers to carry out their training regularly.
- Random checks for the validity of personal subscriptions may be carried out in the Fitness Room by the team of the Sport Service. Upon request, it is mandatory to provide your university badge, which will be returned at the end of the check.
- For emergencies, outside the opening hours of the Sport Service desk (see the section on "The Sport Service desk"), a pick-up number is available from the USI Security Service: 058 666 47 30. A direct telephone is available to all users and is located next to the access door to the Fitness Room (near the defibrillator).

### **Changing Room**

- Shaving or any other type of "beauty" treatment is not permitted.
- Hairdryers may only be used for their intended purpose and must be stored in the hairdryer lockers.
- The user must vacate the lockers after use and personal belongings may not be stored beyond the reasonable time allocated to the workout.
- At the end of the day all lockers will be opened and the items deposited in a special "Lost & Found" container of the Sport Service. (see dedicated section)
- Lockers in the Sports Hall area are available to subscribers. We encourage users to provide their own lock for use during personal training only. Any abuse will be dealt with by the team of the Sport Service, which reserves the right to unlock lockers that do not comply with the rule mentioned here.
- In order to protect your personal property, please remember not to deposit valuables in the changing rooms.

#### **4. Exclusion of liability**

- The Sport Service declines all liability for physical damage or injury caused using the equipment or infrastructure made available to users.
- The Sport Service declines all liability for damage caused to USI Sport Service equipment and that of third parties due to incorrect use of the same.
- For all activities, insurance cover is the responsibility of individual users.
- The Sport Service declines all liability in the event of loss and/or theft.

#### **5. “Lost & Found”**

All items of clothing and towels left unattended at the East Campus Sports Hall will be collected and after five days, donated in the appropriate containers. Please collect any lost items by the deadline.

Electronic equipment, accessories, badges, and costume jewelry may be recovered at the Sport Service desk on presentation of your USI or SUPSI card.