MEMBERSHIP RULES

1. Terms and conditions

- Any person may become a member if they pay the corresponding fee, which will depend on the group that they belong to within the University.
- The registration fee is a one-off payment made when the person registers. The fee will not be refunded if membership is cancelled.
- Membership is restricted to those over 14. All minors aged between 14 and 16 must hand in a signed parental authorisation form provided by the centre.
- The registration fee and the first monthly instalment must be paid when the person first registers. Subsequent instalments must be paid by direct debit.
- A €2 surcharge will be applied on any unpaid direct debit charges. Overdue payments must be made within a month of the billing date at the Sports Service’s offices. If payment is not made, membership will automatically be cancelled and the person will no longer be able to use the facilities.
- Failure to pay an instalment leads automatically to the member being barred from the facilities until he or she has paid at the reception desk. While any payment is overdue he or she will not be able to access or use the facilities. Processed charges will not be refunded. If any payment is overdue and the person wished to re-apply for membership, he or she must cover all outstanding payments.
- Membership may be cancelled by filling in a form before the last working day of the month before the month in which he or she wishes to cancel their membership. If you cannot make it to the sports centre, in exceptional circumstances you may also cancel your membership by sending an e-mail to info.esports@upc.edu. You should give your personal details and the reason for cancelling your membership.
- Members may change their membership type as long as they do so before the end of the month. The change comes into effect the following month.
- In cases of serious illness or injury, pregnancy, or studies outside Catalonia, users may request that their membership be suspended, by filling in the appropriate form and providing documents that justify the period of suspension. They will not be charged the registration fee when they reactivate their membership.
- If members cancel their membership and wish to rejoin within the next year, membership fees are €65 for the North Campus Sports Centre and €45 for the South Campus Gym, except in the case of temporary cancellations.
- Members can notify us of any changes to their personal details by writing to info.esports@upc.edu, on the Sports Service’s website or in person at the reception desk.
- Members can send us their opinions using the contact form on the Sports Service’s website or by writing to info.esports@upc.edu. Forms for submitting complaints and suggestions or expressing your appreciation are available at the reception desk.

2. General conditions

- Membership cards are personal and non-transferable.
- Staff will periodically check ID cards.
- If a member lends their card to another person or allows a non-member to enter the facility, their membership will be suspended for 15 days. If this action is repeated, membership will be permanently withdrawn.
- If a membership, EsportsUPC or provisional card is lost, the owner must report this immediately to the Sports Service's offices. In the case of UPC cards, you must apply for a duplicate copy from the Digital Identity Service.
- Members must take proper care of facilities and equipment and behave appropriately. Management may temporarily or permanently withdraw a member's card if they fail to behave appropriately or have violated the rules in force.
- The sports centre is not responsible for lost or forgotten property. Lost property is kept in reception for a maximum of two weeks.
- Noticeboards, the website and e-mail are the fastest and most direct means used by the sports centre and Sports Service to communicate with users and members. We recommend that you check these frequently.
3. Insurance

Physical exercise and sports can involve a risk and we therefore recommend that you have a medical check-up before taking part in activities in these facilities. Being unaware of your state of health, and therefore inadequately planning your exercise, may lead to accidents or injuries.

In the case of an accident, you will need to have (or prove that you have) one of the following types of insurance coverage, which will depend on your type of membership:

- **UPC students aged under 28** are covered by mandatory student insurance from the moment they enrol at their school. This insurance covers any accidents that they may have while they are engaging in physical activity at these facilities.

  If there is an accident, medical care is provided at the health centres of the student insurance company. If students receive medical attention at a centre that does not belong to this company's network they may ask to be reimbursed in accordance with the regulations governing student insurance. Click on the following link for information on student insurance: [http://www.upc.edu/esports/serveis/assegurances/escolar](http://www.upc.edu/esports/serveis/assegurances/escolar)

- **UPC students aged over 28** are not covered by mandatory student insurance and must therefore prove that they have their own accident insurance policy (whether public or private) when they apply for membership. See voluntary accident insurance.

- **Administrative, teaching and research staff at the UPC** are covered by the national health system in the case of an accident.

- **Students, administrative, teaching and research staff from other universities, relatives and other members who are not UPC employees** must prove that they are covered by an insurance policy (whether public or private) when they apply for membership.

Voluntary accident insurance: to ensure that all users of our facilities are covered by insurance, the Sports Service offers voluntary accident and health insurance at a discount. Information is available at the offices of the Sports Service and on the following webpages: [http://www.upc.edu/esports/serveis/assegurances/accident](http://www.upc.edu/esports/serveis/assegurances/accident), which targets students aged over 28.

Accepting these regulations implies that members are aware that they must be covered by insurance or be able to prove that they are. Students aged over 28 or those who are not part of the UPC community must be especially aware of their obligation to have a public or private insurance policy, which must be kept up throughout the term of the membership to ensure that any accidents arising from the practice of sports at the UPC are covered.

RULES FOR FITNESS ROOMS, GYMS AND PLAYING SURFACES

4. General Conditions

- Users must wear appropriate sports clothing and footwear. Black-soled shoes are not permitted.
- If you suffer from any health condition that may affect your ability to engage in exercise, you should inform instructors to prevent accidents and injuries due to inappropriate exercise.
- With the exception of water, no food or drink may be brought into the facility. Water fountains are available to users of the facility.
- Personal items (bags, helmets, street clothing, etc.) may not be left in fitness rooms, gyms or playing areas. Day lockers are provided for short-term use and there are other reception desk services available for leaving items.
- All equipment must be returned to its proper place when it is not in use.
- It is important and highly advisable to stretch before, and particularly after engaging in any sports activity.
- Users should ensure that they are properly hydrated before, during and after exercise.
- Smoking is strictly prohibited in all spaces at the facility.
5. Fitness and cardiovascular rooms

- For hygiene reasons and in consideration of other users, members must use a towel when they are using exercise equipment. Towels may be rented at the reception desk if you do not have one with you.
- Weights must be removed from weight bars and stored in their proper place after use.
- Exercise equipment and weights must be used correctly (consult the instructor on duty if you have any questions).
- We recommend that you talk to our fitness/cardiovascular room staff about your needs. They can help you plan a training programme to achieve target results and benefits.
- Exercise records must be returned to the filing cabinet after a session has been completed.

6. Multi-sport playing surface (UPC Sports Centre only)

- Of the three playing surface areas, Area 1 is available to members.
- Management reserves the right to use Area 1 for specific events after previously informing members.
- Members are free to use Area 2 and Area 3 when they are not in use.
- When a playing surface is rented and all participating players are members, sports equipment will be provided on loan at the reception desk. Equipment must be returned in good condition when members leave the playing surface.
- When members rent a playing surface or participate with other players who are not members, their membership rights do not apply for the duration of the activity.
- Members may use their own equipment provided they respect the facility’s infrastructure.

7. Gyms for instructor-led activities

- Members must use towels when they exercise on mats.
- Members must arrive on time for instructor-led activities and follow all of the instructor’s recommendations.
- Entry to sessions will be barred to anyone arriving more than 10 minutes after the start time.
- Members must not handle any of the music or multimedia equipment.

RULES FOR SPORTS ACTIVITIES AT THE FACILITIES

8. Badminton (UPC Sports Centre only)

- Courts must be pre-booked.
- Courts may be booked for a minimum of 30 minutes and a maximum of two hours.
- Bookings may be made in person, by calling the sports centre’s offices (both players’ names must be given) or with the online service on our website, at https://esportsonline.upc.edu.
- Bookings are free of charge for members.
- Members who are unable to use a booked court must give advance notice.
- If members have not occupied a booked court 15 minutes after the start time, the court will be released for use by other members who request a court booking at that time.
- Members may not make two consecutive court bookings. If a court is free when the booked period ends, players may continue using the court.
- Free courts may be booked for immediate use.
- The availability of courts for booking will be determined by the management.
- The facility will provide rackets to members if necessary.
- Shuttlecocks are not provided but may be purchased at the reception desk.
• Proper care should be taken when loaned equipment is used. If staff observe that equipment has been intentionally damaged or taken from the facility, the person(s) responsible may be asked to pay the full replacement cost.

9. Table tennis

• The table may be used during opening hours without pre-booking.
• Players must wear sports clothing and footwear.
• The facility will provide paddles and balls to members if necessary.
• Proper care should be taken when loaned equipment is used. If staff observe that equipment has been intentionally damaged or taken from the facility, the person(s) responsible may be asked to pay the full replacement cost.

10. Climbing (UPC Sports Centre only)

• Users of the climbing wall must use their own equipment. They are responsible for ensuring that their equipment is in good condition and that they are using it in accordance with the International Climbing and Mountaineering Federation’s safety standards.
• All users should have a basic knowledge of climbing techniques.
• Climbing higher than 3 metres (boulder height) without ropes is strictly prohibited. Climbers must use a Grigri (blocking device) for added safety. These devices are available on request at the reception desk.
• Climbers must always use slings; never just karabiners.
• Climbers must attach a sling as a safety precaution if they need to work a route with a top rope.
• Climbers may not change the position of holds or take them from the facility.
• Climbing shoes must be worn when the climbing wall and boulder is being used. Climbing barefoot or using any other type of footwear is prohibited.
• Climbers must use dynamic ropes with a minimum diameter of 10.5 mm for single rope climbing; the minimum diameter for double rope climbing is 8 mm.
• Any problems observed in the climbing wall must be reported to management immediately.
• When climbing classes or previously announced events are being held, only participants in these activities will have access to the climbing wall.
• The climbing wall may only be used at the times established by management. Members who use the wall do so under their own responsibility.
• The management of the UPC sports centre shall not be liable for any accidents or injuries that may occur as a result of failure to comply with these rules and/or due to improper use of the facility.
• Management may temporarily or permanently deny users access to the climbing wall if they have behaved inappropriately or violated the rules in force.

RULES FOR WET AREAS

11. General rules

• These areas are exclusively for members’ use.
• The bench is to leave your towel or lie down on; bags and clothes must be left in the changing room.
• The wet zones are open from 7.45 a.m. to 10.30 p.m. from Monday to Friday and from 9.30 a.m. to 2.30 p.m. on Saturdays.
• Smoking is strictly forbidden throughout the premises, including the whirlpool bath and steam room.
• Do not use soap in the steam room shower.
12. Seam room (UPC Sports Centre only)

- Take a lukewarm shower and dry yourself thoroughly before entering the steam room.
- Wear a swimsuit. Under no circumstances must you enter the steam room without a swimsuit or wearing any other garment that is not specifically designed for swimming.
- Take a towel to sit or lie down on the benches. Using cosmetics is not permitted, as they can damage the benches.
- DO NOT USE the steam room if you have a heart or vascular condition or an acute infection (flu, etc.), if you are pregnant, if you have recently had an operation, if you have haemorrhages of any kind, if you have kidney problems, if you have very high blood pressure or low blood pressure, if you have diabetes or if you have eczema.
- Consult a medical professional as to whether you can use the steam room, particularly if you have high blood pressure or a heart condition.
- Do not shave or remove unwanted hair in the steam room.
- Do not wear jewellery or a watch or take your mobile phone or any other metal object into the steam room.
- Do not smoke, eat or drink in the steam room.
- Do not take scented or flammable products such as perfumes, aerosols and alcohol into the steam room.
- Do not use soap or any other product.
- Do not use the steam room if you have just eaten.
- The recommended length of a session is 8-12 minutes.
- We recommend drinking one or two glasses of water before going into the steam room.
- Do not enter the whirlpool bath immediately after leaving the steam room. Take a shower and rest for a few minutes.
- Leave the steam room if you feel short of breath. Cool your body down, starting with your feet and ending with your head.
- Respect the capacity of the steam room.

13. Whirlpool Bath (UPC Sports Centre only)

- Shower and rinse off any soap thoroughly before using the whirlpool bath.
- For hygiene reasons, do not use cosmetics in the whirlpool bath.
- Do not use any kind of soap in the whirlpool bath's shower.
- Wear a swimsuit.
- We recommend tying back your hair to prevent hairs from getting in the water.
- Do not add liquids of any kind to the whirlpool bath.
- Do not stay in the whirlpool bath for more than 15 minutes.
- Respect the capacity of the whirlpool bath.
- We recommend taking a cold or lukewarm shower after the whirlpool bath.

RULES FOR LOCKERS

14. Day lockers for short-term use

- The facility shall not be liable for the disappearance, loss or theft of items left in the changing rooms. Lockers should be locked.
- Lockers are for short-term use and must be left empty by members when they leave the sports centre or gym.
- Every day, when the facilities close, a member of staff empties all the lockers and any items found are classed as lost property. The person who has left the items behind must come and collect them within one week.
15. Rental lockers

- One key will be provided for each locker; no copies may be made.
- Any member who wishes to rent a locker must pay the applicable rental fee in cash. The fee is proportional to the time remaining until the end of the academic year. Assignment of lockers is renewed automatically each academic year. The fee will be charged by direct debit at the beginning of October and is for the period of one year if the person continues to be a member and does not say anything to the contrary.
- If payment is not made or membership is cancelled during the academic year, the right to use the assigned locker is lost, the key must be returned to staff at the reception desk, and the locker must be left empty and in good condition. The proportional part of the fee shall not be reimbursed. If belongings are not removed within 10 days, the locker will be emptied and items will be kept for a maximum of 10 additional days.
- If membership is temporarily suspended, the right to use a locker will be dealt with case by case.
- Any renter who loses a locker key must inform staff at the reception desk. A new key will be issued following payment of the cost of making the copy.
- The facility shall not be liable for the disappearance, loss or theft of items left in the changing rooms. Lockers should be locked.
- Perishable or inflammable products may not be left in lockers.
- To avoid unpleasant odours, we recommend that users not leave damp clothes or sports shoes in lockers.
- The facility may withdraw the locker assignment if a renter uses their locker in an inappropriate manner or fails to comply with these rules.

DATA PROTECTION AND IMAGE RIGHTS

16. Data protection

- REGULATION (EU) 2016/679 OF THE EUROPEAN PARLIAMENT AND THE COUNCIL of April 27, 2016 relative at the protection of the physical persons regarding the treatment of personal data and at the free circulation of these data and for which repeals the Director 95/46/CE (general Regulation of protection of data).
- More information on protection of data at www.upc.edu/esports/proteccio-dades.

17. Image rights

- By signing this document you are authorising the UPC to use your image to disseminate, publish and promote the activities organised by the UPC Sports Service via photographs, posters, videos, the web page, Facebook and other media.
- Even so, you can expressly communicate the right not to use your image, sending a letter to the address info.esports@upc.edu and verbally communicate it, whenever a capture of your image (photographs) is made.