DAS WINZER

Gym

Please read before first use

Opening hours and access

Daily from 6.30 am to 9.30 pm. Outside these hours, access is locked electronically. For residents of the house only. Visitors from outside only with prior permission.

Quiet hours in the house start at 10 pm. Please be considerate before then, too: don't drop weights, and use headphones for music.

Training safely

The room is provided without supervision or staff. There is no induction and no training advice. You train at your own risk.

Check your own fitness and limits beforehand. If unsure, seek medical advice.

Do not train under the influence of alcohol, drugs or medication, or with health conditions (heart or circulatory conditions, infections etc.).

Training alone is allowed. Take your phone with you and set the safety bars when using free weights.

Under 18s

Children and young people under 18 may only enter with an adult. The accompanying adult stays in the room for the whole visit and is responsible for supervision.

Observe the age restrictions on the equipment.

Towels and drinks

- Please bring your towel from your suite. None are provided here.
- Drinks in resealable bottles only. No glass.
- No food and no alcohol.

Before training

Take a quick look at the equipment before you use it. Loose parts, damaged wires, frayed cables, torn padding – if you notice anything: don't use it, and let us know.

If you don't know a machine, read the instructions on it. If in doubt, leave it.

While training

- Wear trainers – no outdoor shoes, no bare feet.
- Put a towel down on benches and pads.
- Don't drop weights.
- Secure bars and plates with collars; don't overload.
- Keep a safe distance from others.
- No photos, videos or audio recordings.

Free weights: use the safety bars and set them correctly.

After training

- Wipe down weights and all equipment and mats you have used, and clean them with disinfectant spray.
- Put weights and dumbbells back.
- Switch off the lights.

EMERGENCY

112
Fire, ambulance, police

144
Ambulance

FIRST AID KIT

in the mirror cabinet

Faults, questions, requests

Please stop using faulty equipment and let others in the house know too.

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