



Section 6: General conditions for using each sports facility

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Created by: Servei d'Esports (Sports Department)

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The information gathered in this document regarding the use sports facilities is applied to all sports facilities, *section on changing rooms, loaning equipment and section on **penalties***.

MAIN BUILDING 7C

Rooms: Hard tatami room, Soft tatami room, Aula Salud, and aerobics room

1. These rooms are used for activities organised by Servei d'Esports.
2. The activity timetables are regulated by the programmes En Forma (In Shape), Aula Salud (Health) and Escuelas Deportivas (Sports Schools).
3. Users must sign in at the beginning of each session by entering their DNI number, UPV student card number, or passport number into the room's touchscreen.
4. For hygiene reasons using a towel on fitness equipment and on mats is mandatory.
5. Appropriate footwear must be worn, sandals are not appropriate.
6. Equipment in the rooms must be used correctly and put back in its place after use.
7. The facility may not be used without an instructor or authorised staff member being present.

Induráin Room, Genovés Room, and Activities room

1. These rooms are only to be used for activities organised by Servei d'Esports or by anyone given express authorisation by Servei d'Esports.
2. These rooms are opened by Servei d'Esports' staff or anyone with authorisation who are also in charge of providing and using all equipment required for an activity: video equipment, PC, projector, etc.
3. The person teaching the class is responsible for the equipment and the correct use of the room.
4. When the activity ends the teacher will notify facility staff so that equipment can be collected and the room can be closed.

5. The facility may not be used without an instructor or authorised staff member being present.
6. Eating in the rooms **is forbidden**.

Artificial grass field

1. The general regulations for using sports facilities, and changing rooms, and loaning equipment are applicable.
2. Moving the goals without express permission and supervision from Servei d'Esports's staff is forbidden. All users who break this rule may be penalised.
3. Types of footwear: The following types of footwear may be worn:
 - Turf boots.
 - Boots with rubber studs.
 - Boots with rubber soles.
 - Sports trainers.
4. Smoking is strictly forbidden anywhere in the facility, including in the stands.

Athletics track

1. This facility is for individual use.
2. To access the facility users must enter their DNI number, UPV student card number, or passport number into the touchscreens in the entrance hall of the main sports building 7C, except when paying for the facility, in which case validation is automatic.
3. The facility has a capacity limit of 120 users.
4. Access is allowed until the facility limit has been reached.
5. If the facility is too busy, those who have already spent over two hours should leave to allow access for others.
6. Users should avoid grouping together which can hinder or impede flow around the track.
7. **Usable Areas:** Stepping on the grass field area is forbidden. Users must go around the artificial grass area which is fitted with a special cushioning layer of rubber which prevents injuries.
8. Track users should avoid running in lane 1.
9. Races under 100m should be run in a straight line.
10. Races with hurdles should be run in lanes 6 and 7.

11. Long distance races should be done in lanes XXX and 3.
12. Starting blocks should be used at the starting line for the 110m hurdles.
Athletes who use the starting blocks should remove them from the track as soon as possible during recovery time.
13. **Sand pits.** These are signposted, one for working on long jump and triple jump technique, and another for working on jumping exercises.
14. **Race direction:** On the track and the artificial grass it is recommended that users go in an anticlockwise direction so as to avoid causing problems for other users. Before stepping on the track users should ensure that they are not inconveniencing any other runner currently on the track.
15. **Pole vault, high jump, and throwing event areas** can only be used by high-level athletes with Servei d'Esports's authorisation.
Authorisation can be requested in writing via the gregal system. For throwing events, the Servei d'Esports shall set up a time slot which must be respected.
16. Appropriate sports footwear and clothing must be used for training.
If users wish to use spikes, they must be under 5mm.
17. Smoking is strictly forbidden anywhere in the facility, including in the stands.
18. If there are any doubts, the final decision rests with Servei d'Esports' staff.

Natural grass field for football and rugby

1. This facility cannot be reserved for individuals.
It may be reserved by associations or institutions with prior authorisation by Servei d'Esports.
2. Players, substitutes, and spectators must remain in their designated areas.
3. Smoking is strictly forbidden anywhere in the facility, including in the stands.
4. If there are any doubts, the final decision rests with Servei d'Esports' staff.

Beach volleyball court

1. Entering the main sports building 7C without a shirt or shoes is forbidden.
2. There is a water outlet available for cooling the sand if it is too hot.



TRINQUET BUILDING (9A)

Trinquet

1. **Sports equipment** can only be loaned for competitions authorised by Servei d'Esports.
2. Practising outside of the trinquet court is prohibited.

Frontones

1. The use of protective eyewear is recommended.
2. At weekends, use of the court can be validated in the Sports Hall.
3. At weekends, players can use the changing rooms in the Sports Hall, building 6A.

Trinquet courts

1. Users must wear trainers with white soles or non-marking soles so that they do not leave scuff marks on the playing surface.
2. The use of protective eyewear is recommended.

Table tennis

1. **Sports equipment** can only be loaned for competitions authorised by Servei d'Esports.

Indoor football in the open air

2. Footwear which may be worn:
 - Turf boots.
 - Boots with rubber studs.
 - Sports trainers.

Velodrome

1. This facility is for individual use.

2. To access the facility users must enter their DNI number, UPV student card number, or passport number into the touchscreens in the entrance hall of the main sports building 7C, except when paying for the facility, in which case validation is automatic.
3. The facility has a capacity limit of 10 users.
4. Access is allowed until the facility limit has been reached.
5. If the facility is too busy, those who have already spent over two hours should leave to allow access for others.

XXX

XXX can be used by UPV teams, and athletes authorised under the conditions established for each collective by Servei d'Esports.

HALL (6A)

Multi-use courts

1. Teams can be loaned security cage storage lockers in the changing rooms for leaving their personal belongings.
2. For safety reasons, equipment cannot be moved without the authorisation and supervision of the person responsible for the facility.

Paddle tennis courts and tennis courts

1. Wearing watches, rings, and other metal objects is forbidden to avoid the possibility of the glass being broken.

Squash courts in the sports hall

1. Users must wear trainers with white soles or non-marking soles so that they do not leave scuff marks on the playing surface.
2. The use of protective eyewear is recommended.

Climbing wall

Climbing is a sporting activity which is not free from risk, it requires physical preparation and special skills. Use of the climbing wall requires training. UPV's Servei d'Esports offers climbing courses in its sports programmes.

The climbing wall cannot be used during official matches or events organised by Servei d'Esports.

IMPORTANT: The act of paying a sports membership or paying to access the climbing wall DOES NOT include accident insurance for its use. The user is fully responsible for attaining medical insurance for this activity. If there is an incident which requires medical attention, it will rely on the insurance which each person has taken out, either that provided by their federation licence, private health insurance, or the public health system.

1. This facility is for individual use.
2. **Identification:** To access the climbing wall users must be identified using:
 - a. An accreditation document (DNI, passport, UPV student card).
 - b. A valid federation licence or insurance which specifically covers climbing.
 - c. A signed declaration of responsibility.
3. To access the facility, users must enter their DNI number, UPV student card number, or passport number into the touchscreens in the sports hall, unless they have paid to use the facility, in which case validation is automatic.
4. Getting changed on the courts, and climbing without a shirt are both forbidden.
5. Users must always observe all regulations, and use all safety features and safety techniques. Climbing without using a rope is forbidden.
6. The facility may only be used with appropriate equipment and clothing (climbing shoes, dynamic rope, climbing harness, Grigri belay with assisted braking and quickdraws).

Users must provide their own equipment, and it must be standardised, comply with CE and UIAA certification, and be in perfect condition for use.

The equipment must be used as stated in the manufacturer's instructions.
7. The use of a certified helmet is recommended both for the person climbing and the person belaying.
8. The use of all anchors is mandatory, the rope must be lead through them all, none must be avoided.
9. It is mandatory that the rope is tied in a double eight knot directly on the harness.
10. It is mandatory to use a Grigri as a safety feature fixed to the harness with a carabener with a locking gate.

11. The person belaying must stay next to the wall and close to the climber for the first four anchors, and then never move farther than 2m from the base of the wall.
The person belaying must never be sitting or lying down.
12. If a climber uses a top rope or pulley system, they must use an additional anchor as well as the top anchor.
13. It is recommended that users climb to the top anchor point, then descend. Unless not possible it is recommended that climbers descend with the rope passing through two adjacent safety anchors.
14. Using a rappel technique is forbidden.
15. It is forbidden for climbers to go higher than any of the top anchor points on the climbing wall.
16. Users can only begin climbing the base of the climbing wall when there are no other climbers on the route, and never go above the top anchor points.
17. Users must be wary of other climbers falling, and if you feel you may fall let other climbers below you know.
18. The capacity limit for the climbing wall is for 8 ropes (16 people).
19. If this limit is reached any user who has been there for over two hours since validating or purchasing their access voucher must leave the facility to allow access to other users.
20. **Penalties:** If anyone uses the facility without having provided all necessary documentation, he/she shall be banned from using the climbing wall.

Outdoor bouldering

Climbing is a sports activity which is not free from risks, it requires physical preparation and specialised technique. Training is required before bouldering. UPV's Servei d'Esports offers climbing courses in its sports programmes.

These facilities are for the exclusive use of sports members and members of the University Community. Servei d'Esports' staff may request users' identification at any time.

IMPORTANT: The act of paying a sports membership or paying to access the climbing wall DOES NOT include accident insurance for its use. The user is fully responsible for attaining medical insurance for this activity. If there is an incident which requires medical attention, it will rely on the insurance which each person has taken out, either that provided by their federation licence, private health insurance, or the public health system.

1. The facility may not be used between 2:30 p.m. on Saturday and 8 a.m. on Monday.
2. The following is forbidden:
 - a. Climbing without a shirt or climbing shoes.
 - b. Modifying established routes.
 - c. Climbing above the highest hand hold on the structure.
 - d. Climbing on top of the structures.
 - e. Climbing under other climbers.
 - f. Eating, drinking, or smoking on the premises.
 - g. Getting changed at the facility, users may use the changing rooms in the sports buildings.
3. **Penalties:** The incorrect use of the facility as well as putting the personal safety of other users at risk and not complying with regulations shall lead to a penalty.
4. **Recommendations for use:**
 - a. Crash pads must be used for cushioning falls.
 - b. Users must be helped if they are blocking others.
 - c. Safety measures are recommended.
 - d. Users must be vigilant of others who may fall, and if someone feels they are about to fall they must warn others.
 - e. If any user notices damage to the facility (loose hand holds, breakages, etc.) they must immediately report it to staff in the Sports Hall Building 6A.

Indoor bouldering area and campus board

Climbing is a sports activity which is not free from risks, it requires physical preparation and specialised technique. Users must be trained on how to use boulders and the campus board. UPV's Servei d'Esports offers climbing courses in its sports programmes.

Users: Sports members may use the boulders and the campus board for free.

Members of the University Community and outside users who are not sports members may use the boulders and campus board by paying a corresponding fee for individuals.

The bouldering area cannot be used during official matches or events organised by Servei d'Esports.



IMPORTANT: The act of paying a sports membership or paying to access the climbing wall DOES NOT include accident insurance for its use. The user is fully responsible for attaining medical insurance for this activity. If there is an incident which requires medical attention, it will rely on the insurance which each person has taken out, either that provided by their federation licence, private health insurance, or the public health system.

1. The facility is for individual use.
2. To access the facility, users must enter their DNI number, UPV student card number, or passport number into the touchscreens in the sports hall, unless they have paid to use the facility, in which case validation is automatic.
3. Getting changed on the courts and climbing without a shirt are forbidden.
4. Sticks can be loaned to use on the campus board.

Only sticks loaned from the Servei d'Esports can be used on the campus board.

Loans require that an identification document be left as a deposit (UPV student card, DNI, driving licence, or passport).

5. Only appropriate equipment and clothing may be used at the facility (climbing shoes and climbing rope). Climbing without a shirt is forbidden.
6. A maximum of 8 people can climb on each boulder at the same time. If this limit is reached, any user who has already spent over two hours must leave the facility to allow access to others.
7. Respect other users' turns at climbing.

8. **Recommendations for use**

- a. Help others.
- b. Use safety features.
- c. Be vigilant of others who may fall, and warn others if you feel you may fall.
- d. If a user notices damage to the facility (loose hand holds, breakages, etc.) they must immediately report it to Servei d'Esports' staff.

Badminton and volleyball courts

1. The time reserved for volleyball and badminton courts includes the time needed to assemble and dismantle the nets.
2. Shuttlecocks can be loaned for competitions organised by Servei d'Esports unless the competition regulations state otherwise.

Weights room at the sports hall

1. The weights room at the sports hall is for the exclusive use of members of the university sports teams and users authorised by Servei d'Esports.
2. **The room** can be freely accessed by authorised users. All users must first identify themselves to facility staff using their UPV student card, DNI, or passport.
3. Use of the room must first be validated on the touchscreens in the hall by selecting the weights room option.
4. The room has a capacity limit of 12 people.
5. **The room can be used** for one hour. If the capacity limit is reached, anyone who has already spent one hour there must leave.
6. The first person who requests to use the room is given a key and must leave their card as a deposit making them **responsible for the Room** and its correct use (including those people who entered before and those who enter later).

When they have finished using the room, they must return the key and only the person who left the card as a deposit shall have it returned to them.

The following user must also leave their card as a deposit and shall then be responsible for the room, and so on.

7. The use of appropriate clothing and correct use of the equipment and weights is mandatory. Equipment must be returned to its place after use.
8. The use of a towel is mandatory.
9. Appropriate footwear must be worn, sandals are not appropriate.
10. Minors may not enter the weights room.
11. The improper use of the room carries a penalty.

SPORTS BUILDING 5R

Roja Room Spinning

1. The room is used for activities organised by Servei d'Esports.
2. The timetable for activities is organised by the programme En Forma (In Shape).
3. Users must sign in at the beginning of each session by entering their DNI number, UPV student card number, or passport number into the room's touchscreen.
4. For hygiene reasons towels must be used on bikes.

5. Appropriate footwear must be worn, sandals are not appropriate.
6. Equipment from the room must be used correctly and left back in its place after use.
7. The facility may not be used without an instructor or authorised staff member being present.
8. Users cannot use a bike before signing in.

Verda Room. Cardio Room

1. Before beginning each session, users must enter their DNI number or UPV student card number into the touchscreens in the Hall of building 5R.
2. The room does not have instructors.
3. Each user is responsible for their own activity.
4. If anyone misuses equipment they will be asked to leave the room.
5. The use of a towel is mandatory.
6. Mats used for stretching may be requested from reception, this is limited to 4 users.

Blava Room. Aula Salud Room

1. The room is used for activities organised by Servei d'Esports.
2. The timetable for activities is organised by the programmes En Forma and Aula Salud.
3. Users must sign in at the beginning of each session by entering their DNI number, UPV student card number, or passport number into the room's touchscreen.
4. For hygiene reasons towels must be used when using mats.
5. Equipment from the room must be used correctly and left back in its place after use.
6. The facility may not be used without an instructor or authorised staff member being present.

Espai Obert

1. To access the room, users must sign in using the touchscreens found in the building entrance area.
2. Mats may be loaned for doing stretches.
3. For hygiene reasons towels must be used when using mats.



4. If anyone misuses equipment they will be asked to leave the room.