UNIVERSITY SPORTS PROGRAM

Winter Semester 2019/20

University Sports Center (ZHS) of Munich is an institution of the Technical University of Munich (TUM). On behalf of Bavaria, it provides an array of recreational and competitive athletics at the universities in Munich, Freising, and Landshut.

Management: Michael Hahn

Contact:
University Sports Center (ZHS) of Munich
TUM Campus in Olympiapark
Connollystraße 32, 80809 Munich

Telephone: (089) 289-24668
Email: zhs-h@zv.tum.de
Home page: www.zhs-muenchen.de

Program schedule for winter semester 2019/20

Winter Semester: Monday, 14.10.2019 - Saturday, 08.02.2020
Semester break: Monday, 10.02.2020 - Saturday, 18.04.2020

Opening hours of TUM Campus in Olympiapark
Monday – Friday: 5.00 p.m. – 9.30 p.m.
Time of admittance: 4.30 p.m.
Saturday: 9:00 a.m. – 3.30 p.m.

Closed:
Sundays and holidays
Christmas: 23.12.2019 – 06.01.2020
Carnival: 24./25.02.2020
Easter: 09.04. – 14.04.2020

No program in the school gymnasiums:
Fall break: 28.10. – 01.11.2019
Christmas: 23.12.2019 – 06.01.2020
Winter holidays: 24.02. – 28.02.2020
Easter break: 06.04. – 18.04.2020

Other hours:
• Open swimming (see our website under “Swimming: Use of indoor swimming pool”)
• Sand and tennis courts (see our website under “Tennis - free play”)

INFO stand
The INFO stand is open throughout the entire semester and during the first and last week of semester break.
Monday – Friday: 4.30 p.m. – 8.15 p.m.
Telephone: (089) 289-24665 or (0160) 5765754

Lost and found
During the semester Lost and Found is at the INFO stand: Mo – Fr, 5.00 p.m. – 7.30 p.m.
Telephone: (089) 289-24665 or (0160) 5765754
At the gate: Tue 10:30 a.m. – 11.30 a.m.
Telephone: (089) 289-24711
During semester break at the gate: Tue 10.30 a.m. – 11.30 a.m. and Thu 6.30 p.m. – 7.30 p.m.

Additional information
ZHS reserves the right to change the program, completely remove an activity without offering an alternative, or cancel class at the last minute.

You can find the latest updates on our home page and in the Download Center.

The next program “Summer 2020” will be available at the end of March 2020.
Basic information

Participation authorization
Authorized participants of the University Sports Center are members of public universities in Munich, Freising and Landshut as well as private universities and employees at agencies and institutes that work directly with university education. Authorized participants do not include members of universities that are federally financed. You can find more details in the ZHS Terms of Registration and Participation (T&Cs) under https://www.zhs-muenchen.de/download-center

Expulsion from courses
Ignoring instructors' instructions may lead to being expelled from class without a refund. Additionally, class instructors may prohibit further course participation due to insufficient skills or for any other reason (misconduct, absence on course-relevant dates, etc.).

ZHS ID
A ZHS ID along with valid semester tags are required to participate in all university sports activities and to get access to the facilities.

Semester tags
Which tags do I need for what?
Activities in the swimming pool (classes and open swimming): Tag S
All other university activities: Tag H
Access to fitness studios Tags H and F
Access to climbing facility Tags H and K
Validity of tags: 30.09.2019 – 02.05.2020

Checkpoint
ZHS IDs and semester tags are checked at the entrance of TUM campus in Olympia Park.

How much does a tag cost?

<table>
<thead>
<tr>
<th>Authorized participant categories:</th>
<th>H</th>
<th>S</th>
<th>F</th>
<th>K</th>
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</thead>
<tbody>
<tr>
<td>1. Students of public universities (see T&amp;Cs)</td>
<td>7,50 €</td>
<td>15,00 €</td>
<td>30,00 €</td>
<td>30,00 €</td>
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<td>2. Employees of public universities (see T&amp;Cs)</td>
<td>15,00 €</td>
<td>20,00 €</td>
<td>30,00 €</td>
<td>30,00 €</td>
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<tr>
<td>3. Students of private universities (see T&amp;Cs)</td>
<td>12,50 €</td>
<td>15,00 €</td>
<td>30,00 €</td>
<td>30,00 €</td>
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<tr>
<td>4. Employees of private universities and associated institutions (see T&amp;Cs)</td>
<td>20,00 €</td>
<td>20,00 €</td>
<td>30,00 €</td>
<td>30,00 €</td>
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</table>

Immediate family (see AGB): spouses / partners and children (if entitled to child allowance) of students and employees of category 1 through 4:

- Children 13 and under: 00,00 €, 20,00 €
- Children 14+ and adults: 20,00 €, 20,00 €, 30,00 €, 30,00 €

T&Cs = Terms of Registration and Participation: [https://www.zhs-muenchen.de/download-center](https://www.zhs-muenchen.de/download-center)

How can I purchase tags?
You can reserve the tags you want online ([www.zhs-muenchen.de](http://www.zhs-muenchen.de)). To avoid waiting in long lines, we recommend ordering them at home before picking them up.
Please bring your booking confirmation along for issuing tags. You then pay via direct debit after reserving a tag. The online reservation confirmation does not replace the tag.

An ordered tag cannot be cancelled.

What should I bring along?

**New issue:**
- Booking confirmation
- Student ID (student card) or employee badge (personnel card)
- Photo ID
- Recent passport picture (minimum size 2.5 x 4.0 cm, no copies)

**Renewal:**
- Booking confirmation
- Student ID (student card) or employee badge (personnel card)
- ZHS ID
When and where can I get my tags, and will I need a new ID or can I renew it?

**TUM Campus in Olympia Park, Connollystraße 32 (red containers next to PZ building)**

- **30. September – 10. October 2019**
  - Mon – Wed: 9:00 a.m. – 11:00 a.m.
  - Thu: 4:00 p.m. – 7:00 p.m.
- **14. October – 24. October 2019**
  - Mon – Thu: 4:00 p.m. – 7:00 p.m.
  - Mon – Wed: 9:00 a.m. – 11:00 a.m.
  - Thu: 4:00 p.m. – 7:00 p.m.
- **11. November – 06. February 2020**
  - Mon – Wed: 9:00 a.m. – 11:00 a.m.
  - Thu: 5:00 p.m. – 7:00 p.m.
- **10. February – 02. April 2020**
  - Mon – Thu: 9:00 a.m. – 11:00 a.m.


**Munich University of Applied Sciences** (Mensa Lothstraße, Lothstraße 13 d)

- **08./09. October**
  - Tue/Wed: 12:00 noon – 2:00 p.m.

**Ludwig-Maximilians-University** (Schellingstraße 3, Foyer)

- **14.-17. October**
  - Mon - Thu: 11:00 a.m. – 1:00 p.m.

**Technical University of Munich - central campus** (Arcisstraße 17, Ground floor Mensa)

- **21./22. October**
  - Mon/Tue: 11:00 a.m. – 1:00 p.m.

**Technical University of Munich - Garching Campus** (Mechanical Engineering faculty building)

- **23./24. October**
  - Wed/Thu: 11:00 a.m. – 1:00 p.m.

**Class reservation**

**Which courses require reserving in advance?**

All activities require a reservation. Students may not participate without a course reservation! Participants will be checked. You can reserve courses online at [www.zhs-muenchen.de](http://www.zhs-muenchen.de). Please provide your email address, as all important updates will be sent via email. Also please order all required semester tags before booking a class.

**What should I be aware of with courses that charge a fee?**

Participants pay via direct debit after reserving the course. Class fees depend on your category. If the direct debit cannot be processed due to errors within your control (e.g. not enough funds, wrong bank account data, etc), you are required to appear in person within a certain period. You agree to repay ZHS for any bank fees incurred during the attempt.
Course cancellation
All cancellations must be emailed to (zhs-h@zv.tum.de).

a) Cancellation of courses with a fee:
It is possible to cancel up to one month before classes begin. For classes during the semester break, you can cancel latest one month before class begins and at the latest until the end of the semester. There is a € 20.00 processing fee for cancellations of classes you paid for. We recommend buying travel insurance for expensive classes.

b) Cancellation of courses without a fee:
It is possible to cancel at any time without incurring a fee.

When may I reserve a course?

starting Wed, 02.10. 9.00 a.m.: Ball & Team sports
10.00 a.m.: Gymnastics & Athletics
12.00 noon: Dance
2.00 p.m.: Water sports

starting Mon, 07.10. 9.00 a.m.: Trend and leisure sports, Martial arts
11.00 a.m.: Fitness & Health

starting Wed, 09.10. 9.00 a.m.: Mountaineering and Climbing
12.00 noon: Winter sports (ice hockey, ice skating)

starting Tue, 29.10. 9.00 a.m.: Winter sports (Skiing, Snowboarding, Cross Country Skiing, Freeriding)

Activities of didactic methodologies and high risk
require the participants’ presence in one of the first two classes. If they cannot attend/participate in one of the first two classes, they will not be allowed to continue in the class. This will not result in a refund of the paid course fee, and participants will no longer be able to switch course reservations after the second class.

Class Availability Forum
If a student cannot participate in a class that is already reserved and paid for and they miss a cancellation deadline, or a class is already completely booked, students can use our class availability forum. ZHS is not responsible for resulting payments. Students who are searching pay students who are offering directly. Students need to inform the student office about final exchanges as soon as possible via email (zhs-h@zv.tum.de). In the case of price deviations due to different status groups, ZHS will settle the differences upon request.

Free play and open access for training
Registration is required. Changes and latest updates can be emailed or found on our website www.zhs-muenchen.de or on Facebook.
ADDITIONAL INFORMATION ON THE SPORTS PROGRAM

Performance Levels
The sports program is designed for everyone, regardless of ability. In order to offer a wide variety, courses are divided up based on ability.

Class A: Beginners who want to try out the sport.
Class F: Students at an intermediate level who already know the basics and can improve from there.
Class L: Special forms of training and basis for participation in student competitions

Free play
Registration is required for free play. Free play is open for all skill levels and is organized and supervised by an authorized employee. You may borrow a ball by leaving a valid ID with the employee in charge.

Exception: On saturdays you need to bring your own ball.

Open access for training
Registration is required for open training. Open access to the intramural sports facilities and the LAH-Empore (track & field) is possible during regular hours of operation, as long as they are not being used for courses or closed due to technical difficulties. There is no statutory accident insurance coverage here.

Number of participants
Participants must register for ALL activities. We use these participant numbers as a guideline for our sports program. Just because you register for a course that is free of charge, it does not guarantee you will be able to participate. (Fire regulations!)

Course booking
In order to participate in a course, a course booking is obligatory. It is also mandatory to provide your e-mail address, as all important information will be communicated by e-mail.

Sports equipment
The University Sports Center places importance on clean and appropriate athletic clothing. You will receive specific instructions for each type of sport.
You are only allowed to use tennis shoes with color-fast soles in the gymnasiums. You are not allowed to use the same tennis shoes you use outdoors in the gymnasiums. No cleats or studs are allowed in the changing rooms or hallways.
To train on your own, you may borrow athletic equipment from the Campus Equipment Center after handing in your ZHS ID with valid semester tags.

Course instructors
ZHS course instructors are qualified professionals assigned to each department. The department head of a given sport is responsible for the selection process, professional support, and training of the instructors.

Risk involved in participation
While performing any athletic activity, the risk of accidents and injuries increases overall. Especially in mountain and climbing sports, winter sports, and water sports, there is a high risk of accidents and injuries due to factors (e.g. nature) over which humans have no control. The course instructors, who are carefully selected and placed, may reduce the risk, but not completely eliminate it. The residual risk is borne by the participants themselves.

Liability and insurance
For any questions about liability and insurance, go to Terms of Participation under https://www.zhs-muenchen.de/de/download-center-infos-vor-kursbeginn/
**COMPETITIVE SPORT**

**Munich University Championships (MHM)**
Students and employees of the universities in Munich, Freising and Landshut may participate in the competitions. Dates, announcements, and results are published on www.zhs-muenchen.de/en/competitive-sports/

**German University Championships (DHM) / German University Cup (DHP) / adh Open**
The German University Sports Federation (adh) organizes the German University Championships (DHM), the German University Cup (DHP), and the adh Open and Trophy in over 40 sports. Students and employees of the universities in Munich, Freising and Landshut may participate in the competitions.

**Registration**
Students must register for national competitions at adh through ZHS in a password protected area by the registration deadline. Every student is obliged to read the announcement of the competition in detail before registering (see www.adh.de). The registration form (registration dates for competitions) must be emailed to ZHS (zhs-wettkampf@zv.tum.de) at least one day before the registration deadline. Late registrations are not possible.

**Financial aid**
Enter fees are financed by ZHS' budget for competitions. Additional aid can be granted for certain placements: 0.25 €/km for group travel, 0.10 €/km for individual travel; 8.00 € for accommodation and 10.00 € per diem. Grants for DHP or adh-Open are available upon request. There is no legal right to financial aid.

ZHS transfers the registration fee directly to the organizers, unless otherwise instructed in the announcement.
All participants receive a registration confirmation and an expenses form. Original copies can be turned into ZHS.

**Cancellation**
If a registered athlete does not appear at a competition for reasons that are within their control, they must reimburse ZHS for entry fees and any penalties incurred.

**International Championships (EUC, WUC, Universiade)**
Nominations and financing can be discussed with the adh department of competition (Thorsten Huetsch: huetsch@adh.de) and the ZHS department of competition: zhs-wettkampf@zv.tum.de.

**University sports in Freising and Landshut**
ZHS in Munich runs a customized athletic program for all Freising universities (Technical University of Weihenstephan and University of Weihenstephan-Triesdorf in Freising) and for the university in Landshut. You can find details such as sports activities, schedules, etc. in the Freising's sports brochure and on our homepage www.zhs-muenchen.de/en/home/
University staff in Freising and Landshut are entitled to participate in Munich activities as well.

**University sports in Straubing and Triesdorf**
ZHS in Munich runs a customized athletic program for the Technical University of Munich in Straubing and for the University of Weihenstephan-Triesdorf in Triesdorf. You can find more information (dates, locations) in the local program publications.

**Cooperation with the athletic association USC München e.V.**
Activities that take place in cooperation with USC München e.V. are labeled with "USC."

**Notices about the rules and regulations**
Rules and regulations apply when using the facilities.
Parking: Campus parking in Olympiapark for participants with an ID and valid H tag is available Monday through Friday, from 16:30 until 21:30 and Saturday from 9:00-16:00.

Changing rooms: Changing facilities are available. Changing rooms close 30 minutes after sports activities end. Participants will need a one-euro coin to use lockers in the changing room. Lockers are to be used while playing sports. They are not allowed to be used overnight or as storage spaces in general. Please empty your locker after your sports activity. Changing clothes or storing bags in the halls is not allowed.
Glass bottles are prohibited in all facilities due to the risk of injury from the shards.

Liability
The Free State of Bavaria, ZHS and its staff are only responsible for claims if they caused the injury intentionally or through gross negligence. This limitation does not apply to a breach of contract, damages resulting from injury to life, limb or health, or claims under the Product Liability Act or due to fraudulent behavior of a contractor.

Personal liability insurance
There is no statutory accident insurance coverage if personal injury or property damage is caused to third parties during sports. We therefore recommend all participants buy personal liability insurance to cover third-party claims, especially for events at off-campus venues open to the public (e.g. mountain and skiing trips, canoeing, rowing, sailing, scuba diving, and windsurfing).

International health insurance
When participating in courses abroad, we strongly recommend you obtain an international health insurance that covers additional risks (medical care, rescue costs, repatriation costs, etc.).

Accident insurance
Enrolled students are legally insured by the responsible accident insurance company at all course events during organized athletic practice as well as at university competitions on behalf of the ZHS. There is no statutory accident insurance coverage for recreational practice, i.e. outside of organized ZHS practice times (free-time or individual training). Please report all sports accidents immediately to the administration office of the ZHS (Tel. 089/289-24727, beiler@zv.tum.de).

Travel insurance
We recommend buying travel insurance for classes with high fees.
### ADDITIONAL INFORMATION

#### Management:

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Room no.</th>
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<tbody>
<tr>
<td>Director</td>
<td>Michael Hahn</td>
<td>15215</td>
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</tbody>
</table>

#### Departments

<table>
<thead>
<tr>
<th>Department</th>
<th>Manager</th>
<th>Room no.</th>
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<tbody>
<tr>
<td>Department 1</td>
<td>Klaus Beer</td>
<td>15213</td>
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<tr>
<td>Winter sports</td>
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<tr>
<td>Water sports (canoe, rowing)</td>
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<td>Gymnastics &amp; track and field</td>
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<td>Fitness &amp; health (fitness studio)</td>
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<tr>
<td>Department 2</td>
<td>Thomas Plank</td>
<td>15223</td>
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<tr>
<td>Climbing &amp; mountain sports</td>
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<tr>
<td>Department 3</td>
<td>Lutz Herdener</td>
<td>15216</td>
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<td>Fitness &amp; wellness</td>
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<td>Dance</td>
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<td>New and recreational sports</td>
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<tr>
<td>Department 4</td>
<td>Tobias Borucker</td>
<td>15214</td>
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<tr>
<td>Water sports (sailing, surfing, SUP, swimming, scuba diving)</td>
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<tr>
<td>Department 5</td>
<td>Andrea Wolfrum</td>
<td>15214</td>
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<tr>
<td>Ball &amp; team sports</td>
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<td>Martial arts</td>
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<td>Department 6</td>
<td>Frits Vilijn</td>
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<tr>
<td>Freising, Landshut, Triesdorf</td>
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#### ZHS Administration

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Room no.</th>
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</thead>
<tbody>
<tr>
<td>Head of administration</td>
<td>Susanne Fischer</td>
<td>15222</td>
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<td></td>
<td></td>
<td>289-24661</td>
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</tbody>
</table>

#### Business divisions:

**Course instructors, Course bookings, Tag issuing, Accounting, Participation authorization, Accident reports, Competitions**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Room no.</th>
<th>Phone no.</th>
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<tbody>
<tr>
<td>Katrin Beiler</td>
<td></td>
<td>15221</td>
<td>289-24727</td>
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<tr>
<td>Walburga Gärtner</td>
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<td>15220</td>
<td>289-24651</td>
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<tr>
<td>Petra Hain</td>
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<td>15220</td>
<td>289-24688</td>
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<tr>
<td>Torsten Hinzmann</td>
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<td>15221</td>
<td>289-24729</td>
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<td>Tina Wörle</td>
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<td>15220</td>
<td>289-24662</td>
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</tbody>
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| Campus equipment center         | Alfred Schmuck      |          | 289-24718  |
|                                 | Andreas Wischnewski |          |            |

| Sand and tennis courts          | Brigitta Filipovic  |          | 3519188    |
|                                 | Renate Kilzer-Niepert |        |            |
|                                 | Ursula Palm         |          |            |
### Location / How to get here (also see: www.mvg-mobil.de)

<table>
<thead>
<tr>
<th>Location / How to get here</th>
<th>Location</th>
<th>U3</th>
<th>U6</th>
<th>U5</th>
<th>Bus</th>
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</thead>
<tbody>
<tr>
<td>Sand and tennis courts</td>
<td>Kolehmainenweg 7 in Olympiapark</td>
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<tr>
<td>Campus Garching Faculty buildings MW</td>
<td>Garching Boltzmannstr. 15 Walther-Meißner-Str. 1</td>
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<td>Library E40</td>
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<td>Ice Sports Center East</td>
<td>Staudingerstr. 17, Ramersdorf</td>
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<td>Foreign Language Institute (FIM) of Munich</td>
<td>Amalienstr. 36</td>
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<td>Gisela High School (Gi-Gym)</td>
<td>Arcisstr. 65</td>
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<tr>
<td>Käthe-Kollwitz High School (KK-Gym)</td>
<td>Nibelungenstraße 51</td>
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<td>Luisen High School (Lui-Gym)</td>
<td>Luisenstraße 7</td>
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<tr>
<td>Olympia rowing facilities</td>
<td>Oberschleißheim Dachauer Str. 35</td>
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<td>Pestalozzi High School (Pe-Gym)</td>
<td>Eduard-Schmid-Straße 1</td>
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<td>Rupprecht High School (Ru-Gym)</td>
<td>Albrechtstraße 7</td>
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<td>Training pool of the University Sports Center</td>
<td>Olympia indoor swimming pool</td>
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<td><strong>TUM Campus in Olympiapark</strong></td>
<td><strong>Connollystraße 32</strong></td>
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<td><strong>TUM Campus C</strong></td>
<td>Georg-Brauchle-Ring 58</td>
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<td><strong>Water sports facilities Starnberg</strong></td>
<td>Unterer Seeweg 5</td>
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