

# UNIVERSITY SPORTS PROGRAM

## Winter Semester 2021/22

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.

### 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](mailto:zhs-h@zv.tum.de)  
Home page: [www.zhs-muenchen.de](http://www.zhs-muenchen.de)

**Management:** Michael Hahn

### Program schedule for winter semester 2021/22

**Winter Semester** Monday, 18.10.2021 - Saturday, 12.02.2022  
**Semester break** Monday, 14.02.2022 - Saturday, 23.04.2022

### Information about the winter semester 2021/22

In accordance with the current situation, we orientate ourselves for the ZHS events on the "Framework Hygiene Concept for Sport" of the Ministry. Against this background we reserve the right to a) adapt the program during the semester according to the respective guidelines and the respective situation at the Central University Sports Department and b) allocate the place elsewhere if necessary due to the limited course size in the event of repeated non-appearance.

### Opening hours of TUM Campus in Olympiapark

**Monday – Friday:** 4.30 p.m. – 11.00 p.m.  
**Saturday:** 9:00 a.m. – 3.30 p.m.

### Closed: No program in the school gymnasiums:

<b>Sundays and holidays</b>	<b>Fall break:</b> 01. – 06.11.2021
<b>Christmas:</b> 24.12.2021 – 08.01.2022	<b>Christmas:</b> 24.12.2021 – 08.01.2022
<b>Carnival:</b> 28.02. – 01.03.2022	<b>Winter holidays:</b> 28.02. – 04.03.2022
<b>Easter:</b> 14. – 19.04.2022	<b>Easter break:</b> 11.04. – 22.04.2022

### Other hours:

- Open swimming (see our website under "[Swimming - Important Info A-Z](#)")
- Sand and tennis courts (see our website under "[Beach and Tennis courts](#)")

### INFO desk

The INFO desk 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. Phone: (089) 289-24665

### Lost and found

At the caretaker's office: Mon-Fri, 10.00 - 12.00 and 13.00 - 14.00, telephone: (089) 289-24742

Valuables - at the gate / Infopoint.

Lost ZHS card - at the ticket office (by prior arrangement with ZHS administration, [zhs-h@zv.tum.de](mailto:zhs-h@zv.tum.de))

### 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.**

**The next program "Summer 2022" will be available at the end of March 2022.**

## Booster Club

# ZENTRALER HOCHSCHULSPORT



### Become a member of the ZHS booster club

The "Verein zur Förderung des Zentralen Hochschulsports an den Hochschulen in München, Freising und Landshut e.V." offers everyone who was or is eligible to participate in university sports in Bavaria the opportunity to take full advantage of the university sports programme by becoming a member of the booster club.

Membership fee per year (1.10. - 30.9.) 30,00 EUR

Participation in university sports for

one academic year (WS + SS) 124,00 EUR

Further information: Verein zur Förderung des Zentralen Hochschulsports  
Connollystraße 32, 80809 Munich

Phone: 089/289-246 63; 0175 6455 776 (Office Ms Jecht)

Office hours : Wed 18.00 - 20.00; exceptions: see homepage

E-mail: foerderverein@zhs.bayern

Homepage: [www.zhs-muenchen.de](http://www.zhs-muenchen.de) (Förderverein/booster club)

## Basic information

### Participation authorization

Eligible to participate in Central University Sports are members according to Art. 17 Para.1 BayHSchG of the state universities in Munich, Freising and Landshut as well as of the non-state universities and employees of the authorities or institutions directly involved in the university system. Participation does not apply to members of universities funded by the federal government. For further details, please refer to the [registration and participation conditions of the ZHS](#).

### 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.).

### Participation Card (ZHS-Card)

To participate in all university sports events and free practice sessions, the **ZHS-Card** with valid semester authorization (Basic-Ticket) is required.

### Basic-Ticket

The Basic-Ticket entitles you to book all events of the ZHS in the respective semester. Only after booking the Basic-Ticket it is possible to register online for the sports courses and free play / training.

#### Please note:

By booking the ticket, you give the ZHS a continuous SEPA direct debit mandate for the current semester. This is the legal legitimization for the collection of ticket and course fees.

### Which ticket do I need for what?

All ZHS sports events incl. indoor swimming pool	- Basic-Ticket
Use of the fitness studio	- Basic-Ticket and Ticket F
Use of the climbing facilities	- Basic-Ticket and Ticket K
Use of the bouldering facilities	- Basic-Ticket and Ticket B

**Validity of the ticket:** 01.10.2021 - 07.05.2022

### Checks

At the entrance to the TUM Campus in the Olympic Park, the **ZHS-Card** is checked for access authorization.

### How much does a ticket cost?

Categories for authorized participants:	Basic Ticket	F	K	B
1. Students of public universities (see T&Cs)	10,00 €	30,00 €	100,00 €	50,00 €
2. Employees and other status groups (see T&Cs)	20,00 €	30,00 €	100,00 €	50,00 €

ATB (T&Cs = Terms of Registration and Participation) <https://www.zhs-muenchen.de>

### How can I purchase a ticket?

The desired ticket can be booked online ([www.zhs-muenchen.de](http://www.zhs-muenchen.de)).

Payment is made after booking by direct debit. The online booking confirmation does not replace the ZHS Card!

### **How do I get the ZHS-Card?**

After booking the respective Basic-Ticket, an e-mail is sent to the specified e-mail address requesting the upload of documents. The documents are required for the one-time issue of the ZHS Card upon initial registration and for updating the eligibility upon renewal. The semester-by-semester update/renewal takes place at a special ZHS validation terminal in Self-Service.

### **Which documents do I have to upload for the ZHS Card or renewal?**

#### **Initial application:**

- Digital portrait photo in passport photo format;
- Student ID (matriculation certificate, student card);  
Service ID (personal card);
- For civil partnerships: Proof of main residence.

#### **Extension:**

- Student ID (matriculation certificate, student card)
- Service card (personal card)
- in the case of civil partnerships: Proof of main residence

It is not possible to withdraw from a ticket booking.

### **Booking of courses and open training**

**All events are subject to booking.** No participation without course booking! Checks will be carried out. Bookings must be made online at [www.zhs-muenchen.de](http://www.zhs-muenchen.de). It is compulsory to enter your e-mail address, as all information will be communicated by e-mail. The prerequisite for a course booking is the one-time booking of the Basic-Ticket per semester.

Changes and notices will be made by e-mail, on the ZHS homepage [www.zhs-muenchen.de](http://www.zhs-muenchen.de) and via Facebook/Instagram.

### **What should I bear in mind for courses that require payment?**

Payment is made after booking by direct debit. The amount of the course fee depends on the status group. If direct debit is not possible for reasons for which the participant is responsible (e.g. account not covered, incorrect bank details given), a personal appearance during our office hours is required. The resulting bank charges will be borne by the participant.

### **Course cancellation**

All cancellations must be emailed to [zhs-h@zv.tum.de](mailto: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.

### **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.

### When is the course booking possible?

From Wednesday, 06.10.	09.00 a.m.:	Ball & Play Sports
	10.00 a.m.:	Gymnastics & Athletics
	12.00 noon:	Dance
	14.00 p.m.:	Water sports
from Monday, 11.10.	09.00 a.m.:	Trend & leisure sports, martial arts
	11.00 a.m.:	Fitness & Health Sports
from Wednesday, 13.10.	09.00: a.m.:	Mountain & Climbing Sports
	12.00 noon:	Winter sports (ice hockey, ice skating)
from Thursday, 03.11.	09.00 a.m.:	Winter sports (skiing, snowboarding, cross-country skiing, freeride)

### Methodological-didactic events and events with increased risk

require the unconditional presence in one of the first two course hours. If attendance / participation is not possible for this, further participation in the booked course is not possible. A refund of the course fee is not possible, nor is an exchange of the course place after the second lesson.

### 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 ZHS administration office about final exchanges as soon as possible via email ([zhs-h@zv.tum.de](mailto: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](http://www.zhs-muenchen.de) or via Facebook/Instagram.

## SPECIAL 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 ZHS-Card.

**Exception: On Saturdays** you need to bring your own ball.

### Open access for training

Registration is required for open training. Open access for registered free training to the outdoor sports facilities and the Fitness-Gallery is possible during regular hours of operation, as long as they are not being used for courses or closed due to other reasons. There is no statutory accident insurance coverage here.

### **Number of participants**

**Participants must register for ALL activities.** The participation numbers given are the maximum values for the occupancy of the sports facilities. Despite registration, there is no entitlement to participate in the non-payable courses (e.g. free training)!

### **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 sport shoes with color-fast soles in the gymnasiums. You are not allowed to use the same sport 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 valid **ZHS-Card**.

### **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

[www.zhs-muenchen.de](http://www.zhs-muenchen.de)

**The ZHS reserves the right to make changes to the program for reasons beyond its control, to cancel events without substitution, or to cancel them at short notice.**

## **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/](http://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 (TUM, LMU, HM, HSWT, HS 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](http://www.adh.de)). The registration form (registration dates for competitions) must be emailed to ZHS ([zhs-wettkampf@zv.tum.de](mailto:zhs-wettkampf@zv.tum.de)) at least one day before the registration deadline. Late registrations are not possible.

## **Financial aid**

Entry 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.

Together with the confirmation of registration, all participants will receive a settlement form, the original of which can be submitted to the ZHS after participation.

## **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](mailto:huetsch@adh.de)) and the ZHS department of competition: [zhs-wettkampf@zv.tum.de](mailto: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. on our homepage [www.zhs-muenchen.de/en/home/](http://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: Parking is available during course hours with a valid ZHS Card on the grounds of the TUM Campus in the Olympic Park.

## **Changing rooms**

Changing facilities are available. The changing rooms will be closed 30 minutes after the end of the sports programme. For the clothes boxes in and in front of the changing rooms, € 2 pieces are required. The use of the lockers is intended for the duration of the sports programme; overnight use or general use of the lockers is not possible. Please clear the boxes after the sport.

**Changing clothes and leaving bags in the halls is prohibited!**

**Glass bottles are prohibited in all sports facilities due to the risk of injury if broken!**

## 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 free practice, i.e. outside of organized ZHS practice times, free-time or individual training without an instructor.

Please report all sports accidents immediately to the administration office of the ZHS (Tel. 089/289-24727, [beiler@zv.tum.de](mailto:beiler@zv.tum.de)).

## Travel cancellation insurance

We recommend buying a travel cancellation insurance for classes with high fees.

## ADDITIONAL INFORMATION

### Management:

		Room no.
Director	Michael Hahn	15215

### Departments

<u>Department 1</u> Winter sports Water sports (canoe, rowing) Gymnastics & track and field Fitness & health (fitness studio)	Klaus Beer	15213
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<u>Department 2</u> Climbing & mountain sports	Thomas Plank	15223
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<u>Department 3</u> Fitness & wellness Dance New and recreational sports	Lutz Herdener	15216
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<u>Department 4</u> Water sports (sailing, surfing, SUP, swimming, scuba diving)	Tobias Borucker	15214
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<u>Department 5</u> Ball & team sports Martial arts	Andrea Wolfrum	15214
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Department 6

Freising, Landshut, Triesdorf

Frits Vilijn

Freising, Weihenstephaner Berg 13

**ZHS Administration**

Head of administration

Susanne Fischer

15222

289-24661

Business divisions:

Course instructors, Course bookings, Ticket bookings, ZHS-Card, Accounting, Participation authorization, Accident reports, Competitions

Katrin Beiler

15221

289-24727

Walburga Gärtner

15220

289-24651

Petra Hain

15220

289-24668

Torsten Hinzmann

15221

289-24729

Tina Wörle

15220

289-24662

Campus equipment center

Karl-Heinz Hutter

289-24718

Alfred Schmuck

Andreas Wischnewski

Sand and tennis courts

Brigitta Filipovic

3519188

Ursula Palm

**Location / How to get here** (also see: [www.mvg-mobil.de](http://www.mvg-mobil.de))

Sand and tennis courts

Kolehmainenweg 7  
in Olympic Park

U 3, Bus 173 Olympiazentrum

Campus Garching  
Faculty buildings MW  
LibraryGarching  
Boltzmannstr. 15  
Walther-Meißner-Str. 1

U 6, Garching, Forschungszentrum

Ice Sports Center East

Staudingerstr. 17,  
RamersdorfU 5, Michaelibad  
Bus 195, OstparkForeign Language Institute  
of Munich (FSI)Amalienstr. 36  
Schelling-Türkenstraße

U 3, U 6, Universität, Bus 154,

Gisela High School  
(Gi-Gym)

Arcisstr. 65

Tram 27, Elisabethplatz

Luisen High School (Lui-Gym)

Luisenstraße 7

U1, U 2, U 4, U 5, U 7, U 8, S 1 – 7,  
Tram 16,17, Bus 58, Hauptbahnhof

Olympia rowing facilities

Oberschleißheim  
Dachauer Str. 35S 1, Oberschleißheim,  
Bus 291, RegattaanlagePestalozzi High School  
(Pe-Gym)Eduard-Schmid-Straße 1  
Eduard-Schmid-Straße,U 1, U 2, Fraunhoferstraße, Tram 17  
Bus 132Rupprecht High School  
(Ru-Gym)

Albrechtstraße 7

U 1, Maillingerstraße

Training pool of the University Sports Center	Olympia indoor swimming pool	U 3, Bus 173, Olympiazentrum
<b>TUM Campus in Olympiapark</b>	<b>Connollystraße 32</b>	<b>U 3, Bus 173, Olympiazentrum</b>
TUM Campus C	Georg-Brauchle-Ring 58	U 1, Georg-Brauchle-Ring U 3, Olympia-Einkaufszentrum OEZ Bus 175
Water sports facilities Starnberg	Unterer Seeweg 5	S 6, Starnberg
Wilhelms High School	Thierschstr. 46	U4, U5 Lehel