

GUIDELINES FOR PARTICIPATION IN THE STUDENT ATHLETICS GROUP OF POLITECNICO DI MILANO.

Politecnico di Milano guarantees and promotes a healthy lifestyle, considers sport as an added value and promotes the well-being of its students also through the formation of sports groups self-managed by the students of the University.

This document regulates the procedures, benefits and duties of the student who wishes to enroll in the official Athletics Group of Politecnico di Milano.

Enrollment in the athletics group will be on an annual basis and will follow the academic calendar of the University (from September to July of the following year).

To enroll in the Athletics Group, the student must:

- Register on the website www.sport.polimi.it and purchase the Basic Subscription;
- Write an email to athletica@polimi.it manifesting your interest in joining the group and wait for the reply with the link to subscribe (the link for the Full subscription will be sent after participating in a minimum number of training sessions established by the group coordinators);
- Open the link and proceed with the payment of the fee;
- Upload a valid medical certificate to your personal area of the sport.polimi.it website (a free medical examination is included in the purchase of the Basic Subscription);
- Participate in group activities (e.g. weekly workouts etc);
- Participate in institutional events and activities of Politecnico di Milano (in agreement with the Sports Unit) with the aim of promoting the group.

The student can choose between two types of subscription:

- **Full: €30** /academic year
the fee includes: adidas athletic wear branded by Politecnico di Milano¹, material for the practice of various athletic disciplines available for free at the Giuriati Sports Center, a subscription to choose from among the PolimiRun Spring, the Polimirun Winter and the Athletic Meeting - (this type of subscription is active until 15 October 2024 or until the reach of 100 subscribers);
- **Light: 15€** /academic year
the fee includes: material for the practice of various athletics disciplines available for free at the

¹ The material consists indicatively of a t-shirt, shorts and a sweatshirt/long sleeve t-shirt; delivery is expected by the end of November 2024.

Giuriati Sports Center, a subscription to choose from among the PolimiRun Spring, the Polimirun Winter and the Athletic Meeting. (This type of subscription is active until 28 February 2025)

The group is required to nominate at least no. 1 coordinator who will interact with the Sport Unit for the following functions:

- Tracking of enrollments with verification that those who participate in group activities are regularly enrolled for the current academic year;
- Monitoring participation in group activities;
- Support, through the involvement of the group, in the promotion of the events and sporting activities of Politecnico di Milano;
- Coordination of the group's participation in the promotion of the group itself during institutional events/activities and through social networks;
- Collection of feedback and advice on the development of new activities in the field of "Athletics".

Membership in the group implies the tacit approval of these guidelines. Enrolled students undertake to abide by it.