

FITNESS ROOM REGULATIONS

1. Persons using the fitness room are required to comply with these regulations, as well as to behave properly, under the pain of expelling from the room.
2. Persons participating in classes declare that they have no contraindications to perform physical exercises and participate in classes at their own risk.
3. Persons with health problems should consult a doctor or a physiotherapist before they start exercising.
4. When using the fitness room, you should be aware that an **instructor is not present**. The staff of the rehabilitation department give instructions, if possible. You can access the fitness room only during its opening hours.
5. **Persons under 15 years of age can only enter when accompanied by an adult.**
6. Persons participating in activities are required to show respect and tolerance towards other participants.
7. In order to become familiar with operation of the equipment in the fitness room, you should consult the rehabilitation staff.
8. To participate in the activities you need a **sports outfit**, and most of all, **to put on clean footwear before the activities**; for hygienic reasons it is advisable to take a towel.
9. **The person using the fitness room is solely responsible for destruction and damage to the equipment as well as accidents resulting from use of the fitness room.**
10. Drinks can only be brought into the room in secured bottles or water bottles.
11. It is strictly forbidden to consume any meals or alcohol beverages in the room.
12. Persons exercising in a group are obliged to submit to an instructor's commands unconditionally.
13. All equipment in the room and exercise equipment can be used only in accordance with its purpose.
14. Gymnastic devices and other auxiliary equipment should be left after classes in places designated for this purpose.
15. Maintaining cleanliness of the room, devices and equipment is a basic condition of their use.
16. These Regulations shall become effective as of 1 January 2011.