

## OPERATING ORDERS OF THE GYM

### I. General provisions

1. The operating rules of the gym are prepared in accordance with Act No. 258/2000 Coll. on the protection of public health and on the amendment of some related regulations.
2. The space and equipment of the gym are ensured in such a condition that they can be easily cleaned and, if necessary, easily disinfected and maintained in such a condition that there is no risk to the health of people and the level of services provided.
3. The gym is open daily from 8:00 a.m. to 8:00 p.m.
4. Employees with appropriate professional education are not present during the gym operating times.
5. Individuals are not allowed to enter the gym, due to the impossibility of providing first aid in case of necessity.
6. If necessary, the reception worker of building E is ready to provide first aid, they have access to the first aid kit, which contains the necessary preparations for the treatment and disinfection of minor skin injuries, capillary injuries, etc.
7. The gym is visited to improve fitness. Everyone must be aware of their current state of health. Persons with health problems (diseases of the circulatory system - heart, blood vessels, high blood pressure, diseases of the musculoskeletal system, diabetes, etc.) must consult their health condition with their doctor before visiting the gym, who will determine any restrictions.

### II. Operating conditions

1. By purchasing a season ticket, the visitor confirms that he has familiarized himself with the operating regulations and undertakes to comply with them.
2. Access to the gym and exercise is allowed for visitors over the age of 15, younger visitors only when accompanied by a person over the age of 18.
3. When entering the gym, every visitor is required to wear clean sports shoes.
4. Each visitor uses clean, suitable sports clothes and sturdy sports shoes for exercise. **Exercising without a shirt is prohibited. It is strictly forbidden to move around the gym with bare feet** (this also applies to slippers, flip flops and other loose footwear).
5. **Visitors to the gym exercise and use the equipment at their own risk. The visitor is responsible for intentional or inappropriate overestimation of his physical abilities or bad handling.**
6. Entry to the gym is prohibited under the influence of alcohol and addictive substances
7. In the premises of the gym, the visitor is obliged to behave respectfully, not to disturb other persons present with loud noises and banging of dumbbells.
8. The use of loudspeakers or other sound devices is only possible provided that the visitor does not disturb other users of the gym.

9. Visitors are responsible for maintaining order in the entire area of the gym, for the protection of property and for damages caused by violating the operating guidelines. All discovered defects on machines and equipment must be reported immediately to the reception staff E. Exercising on such machines and equipment is then prohibited and repairs will be provided.
10. In the event that the visitor causes material damage to the gym's property or equipment, financial compensation will be required from him.
11. We do not recommend bringing valuables such as mobile phones, jewelry and wallets into the gym. If necessary, the visitor must keep them under constant supervision. VŠB-TUO accommodation services are not responsible for any loss.
12. Smoking, consumption of alcohol or other addictive substances is prohibited in the entire gym area.
13. The visitor may not consume drinks in a glass.
14. A visitor who does not comply with the operating rules may be expelled from the gym area.

### III. Rules of conduct

1. **Do not place dumbbells, dumbbell axes and other metal objects on the leather covering of benches and exercise machines. It is forbidden to climb on leatherette covers.**
2. **Place the dumbbells on the floor so as not to damage the dumbbells or the floor. Extreme throwing of dumbbells and equipment in the entire gym area is prohibited.**
3. **When lifting dumbbells outside the exercise structure, use safety stops.**
4. It is strictly forbidden to remove these safety elements from devices equipped with safety features (e.g. bench, towers).
5. **Use a towel when exercising. You protect your health, the leather covering of benches and exercise machines from the aggressive effects of sweat. If the sweat is on a part other than the towel, the visitor is obliged to wipe it off.**
6. For demanding or dangerous exercises, always have help with you.
7. **After finishing the exercise, return the station to its original state, do not leave the weights on the axles.**
8. **All discs, barbell axes and one-handed dumbbells have their place in the gym. Therefore, after finishing the exercise, return them to this place.**
9. **Visitors do not sit on the machines** and thus do not prevent other visitors from exercising.
10. **In the case of using magnesium powder and similar aids, it is necessary to wipe the device/clean it.**
11. Visitors use the gym premises only for the purposes for which they are intended and observe all safety, hygiene and fire protection principles in these premises.

The operating regulations are active from 10.10.2024.

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