

GYM AND FITNESS ROOM REGULATIONS

§ 1 GENERAL PROVISIONS

1. The Gym and Fitness Room form an integral part of the Swimming Pool and are located within the Krokowa Sports and Leisure Centre, ul. Szkolna 6, 84-110 Krokowa (hereinafter referred to as: the Centre) owned by the Krokowa Commune. The Centre is managed and operated by Krokowskie Przedsiębiorstwo Komunalne Sp. z o.o. with its registered office in Żarnowiec (hereinafter referred to as: the Operator).
2. These Regulations set out the rules for using the Gym and Fitness Room located within the Sports and Leisure Centre (hereinafter referred to as: the Centre).
3. These Regulations supplement the Centre Regulations and must be applied in conjunction with them.
4. Every person using the Gym and Fitness Room (hereinafter referred to as: the User) is obliged to read these Regulations and the Centre Regulations and comply with them. Entry into the Gym and Fitness Room constitutes acceptance of these Regulations.
5. The Gym and Fitness Room are open in accordance with the rules set out in the Centre Regulations.
6. Instructors and other staff members are authorised to give instructions concerning order and organisation. Failure to comply with these instructions will be treated as a breach of these Regulations.
7. The Operator shall not be liable for the loss, damage or destruction of items brought onto the premises of the Gym and Fitness Room, nor shall it be liable for items left behind by Users.
8. The Operator shall not be liable for accidents or incidents caused by failure to comply with the provisions of these Regulations, or arising from the fault of Users.
9. Users of the Gym and Fitness Room shall be liable, in accordance with general principles, for any damage caused by their actions or omissions.

§2 RULES FOR USING THE GYM AND FITNESS ROOM

1. Subject to section 2, only adults may use the Gym and Fitness Room.
2. Young people aged 15-17 may use the Gym and Fitness Room only with the consent of their parents or legal guardians. Admission to sessions is conditional upon the submission of written consent from a parent or legal guardian at the Centre's Reception.
3. The Fitness Room is intended solely for participation in organised group sessions led by instructors or PE teachers. Individual use of the Fitness Room outside the group session timetable is not permitted. Users are required to adhere to the current session timetable and the instructor's directions.
4. Advance booking is required for Fitness Room sessions. The Operator reserves the right to refuse admission to persons without booking, subject to the possibility of admitting them to sessions if places are available.
5. Users of the Gym and Fitness Room are required to have:
 - a) sportswear;
 - b) a change of sports shoes.The following are not permitted: flip-flops, soft-soled footwear, exercising barefoot, or footwear other than sports shoes – unless the instructor or PE teacher advises otherwise. Those failing to change footwear will not be permitted to take part in the sessions.
6. Maximum number of Users at any one time:
 - a) in the Gym – 20 people;

- b) in the Fitness Room – 20 people.
7. Users present in the Gym and Fitness Room are required to observe generally accepted cultural norms and rules of conduct; using language commonly regarded as offensive or vulgar is prohibited.
 8. In the Gym and Fitness Room, Users must refrain from any actions that may disrupt other Users during sessions or cause damage to or destruction of property within the premises.
 9. The Gym and Fitness Room may only be used by persons whose health permits physical exercise and who have no medical contraindications to physical exercise.
 10. Users are required to take into account their current level of fitness and stamina when selecting exercises and weights.
 11. The Operator shall not be liable for any health consequences resulting from the improper use of equipment or for consequences caused by lifting or carrying weights exceeding the User's capabilities.
 12. Users perform exercises solely at their own risk and on their own responsibility.
 13. The instructor or PE teacher leading sessions in the Gym and Fitness Room is responsible for ensuring general compliance with the Regulations, and all persons present in the Gym and Fitness Room are required to follow directions and strictly adhere to the Regulations.
 14. The following are prohibited within the Gym and Fitness Room:
 - a) running (this does not apply to the use of treadmills);
 - b) using gym equipment in a manner inconsistent with their intended purpose;
 - c) bringing in items that pose a threat to the health and safety of Users (i.e. in particular sharp tools, glass containers, tins, etc.);
 - d) entry and presence of persons in a condition indicating the consumption of alcohol or under the influence of intoxicants or psychotropic substances;
 - e) raising false alarms;
 - f) damaging items of equipment;
 - g) littering and soiling the premises;
 - h) smoking tobacco or tobacco products and using any devices or substances intended for the inhalation of smoke or vapour (including e-cigarettes).
 15. Upon completion of their workout, Users are required to return the equipment to its designated location.
 16. Use of the Gym and Fitness Room is subject to the purchase of a single-admission ticket or a membership pass. The admission fee is payable in advance, in accordance with the price list, and is non-refundable.
 17. The purchase of a ticket or pass is deemed to constitute acceptance of the terms and conditions set forth in the Gym and Fitness Room Regulations and the Centre Regulations.
 18. Users who fail to comply with the provisions of these Regulations and the Centre Regulations will be asked to leave the Gym and Fitness Room without the right to a refund of any fees paid.