

GYM RULES AND ETIQUETTE

I IDENTIFICATION DETAILS OF THE PROVIDER

Provider of the building: **Tomas Bata University in Zlín, Halls of Residence and Refectory**

Address of the gym: **U7 building, Štefánikova 150, 760 01 Zlín**

Representatives of the provider: **Administrator of the gym, Ing. Pavel Valášek**

II SPECIFICATION OF THE GYM

The gym is intended for recreational sports use only for residents of the U7 building as well as for other TBU students and employees.

III OPENING HOURS

Monday – Sunday 07:00 – 21:30

IV PRICE LIST

- TBU students, TBU employees, residents and guests (hereinafter referred to as “gym guests”) accommodated in the U7 building have free entry to the gym.
- TBU students and TBU employees not accommodated in the U7 building are required to pay an entrance fee of CZK 50 for each hour started + a refundable deposit for an access card in the amount of CZK 300. The refundable deposit shall be returned to the gym guest after the end of the workout session and upon returning the undamaged access card at the reception of the building.
- The gym guests must be at least 18 years old at the time of using the gym facility.

V TAKEOVER AND HANDOVER OF THE GYM

- The capacity of the gym is limited to 5 persons.
- The gym guest performs the workout at his/her own risk and is obliged to get acquainted with these Gym Rules and Etiquette before entering the gym.
- The gym guest is obliged to follow the instructions on how to use the gym equipment, which are available at the reception of the building.
- Residents in the U7 building have the access card, which they receive at the reception of the Residence Hall, activated for entering the gym.
- Non-residents shall receive an access card to the gym after paying the fee for using the gym facility and upon payment of a refundable deposit at the reception.
- Before using the equipment, the gym guest shall make sure that the equipment does not have defects preventing safe use. If a defect is detected, the gym guest shall immediately report it to the receptionist; using such an equipment during a workout is prohibited. The provider will not accept late notification of detected defects and will claim full compensation for the damage against the gym guest.
- The gym guest is obliged to immediately notify the provider of any defects or damages arising as a result of the gym guest’s activities.
- After the end of the workout session, non-residents shall return the access card at the reception of the building.
- The provider does not bear liability for damage to items brought into the facility by gym guests. It is not possible to store the belongings of the gym guests in the gym area; the provider does not have a storage space for storing things and is not responsible for damage to items left by the gym guests in the gym area. Please always deposit valuables exceeding the value of CZK 5,000 with the staff at the reception.

- **The gym provider is responsible for having the gym cleaned and sanitized on a regular basis.**
- **In the event of power outage, gym guests are obliged to leave the gym area immediately.**

VI INSPECTION OF EQUIPMENT

- **Daily visual check:**
 - **The purpose of a routine visual check is to identify conspicuous sources of danger, that may be caused as a result of vandalism or use.**
 - **Daily visual check is carried out by the receptionist before the start of activities to the following extent: A clean and tidy gym, condition of gym equipment.**
 - **An inspection record shall be made, if a defect is detected.**
- **Operational check:**
 - **The operational check is more detailed than the daily check, and is focused on checking the function and stability of the equipment.**
 - **The operational check, including lubrication and cleaning of the equipment, shall be carried out by the administrator according to the manufacturer's requirements once a year or as needed.**
- **The administrator shall make a record of the operational check in the Operating Logbook.**
- **Expert technical inspection.**
- **Workout machines shall undergo a proper revision.**

VII PRINCIPLES FOR CONDUCT OF GYM GUESTS

- It is strictly forbidden to enter the gym under the influence of alcohol or other addictive substances affecting motor skills and human behaviour.
- Smoking, the use of open flame, consumption of food and alcoholic beverages are strictly prohibited in the gym area. Only soft drinks in re-closable bottles are allowed.
- Gym guests shall use the gym area only for the purposes for which they are intended, and shall observe all safety, hygiene and fire prevention principles.
- Compulsory training equipment – gym guests shall only enter the gym wearing solid clean gym shoes and sports clothes; they shall bring a towel. The gym does not include a locker room or storage spaces or other places where gym guests could leave their belongings.
- During the workout, the gym guest shall place the dumbbells on the floor in such a manner as to avoid damage to the dumbbells and to the floor.
- The gym guest is required to follow the instructions and regulations given by the gym provider or other authorized persons and is also obliged to respect and observe all instructions and regulations posted in the gym.
- The gym guest is obliged to behave in the gym and during a workout session in such a manner as to avoid unreasonable harm to the life, health or property of another person. The gym guest shall not disturb others during a workout session; he/she should behave in a polite and considerate manner.
- In the case of any injury, everyone is obliged to report this to the receptionist or to the gym administrator.
- It is forbidden to in any manner modify and move any of the racks, gym machines and bulky gym equipment. A gym guest who has caused damage to gym machines/equipment (or parts thereof) or who loses a borrowed item must, in accordance with § 2909 et seq. of the Civil Code, immediately pay a compensation for the damage which he/she has caused to the HRR at a cost usual at the time of damage to the machines and/or equipment (or parts thereof), taking into consideration the amount which has to be effectively paid in order to repair such damage or to provide compensation for such damage, however, no later than 5 days after the damage occurred, unless otherwise agreed with the provider, or through an insurance company with which the gym guest has arranged liability insurance. All defects and breakdowns detected must be immediately reported to the receptionist. It is forbidden to use such machines during workout sessions.

- After the end of the workout session, the gym guest shall restore the original layout of the training place. Weights shall not be left on the barbells. All plates, barbells and dumbbells have their place in the gym and must be returned to their original place after the workout session.
- Gym guests must not voluntarily allow any other person to enter the gym in case that the person in question fails to produce the permission required to enter the gym.
- In the event that a gym guest fails to observe these Gym Rules and Etiquette, he/she will not be allowed to enter the gym and will not be entitled to a refund of the entrance fee.
- In order to ventilate the room, gym guests can open a window or switch on the air conditioning. The ventilation system is activated automatically or manually by pressing the labelled button placed at the entrance. **The ventilation system switches off automatically after 30 minutes** or can be switched off by pressing the button after 5 minutes of operation. To cool down the room, the air conditioning can be switched on by using a controller placed on the wall at the entrance; **the air conditioning is switched off manually. It is forbidden to switch on the air conditioning when windows are open.**

VIII FIRST AID EQUIPMENT

- The gym area is monitored by a surveillance camera system without recording; the live video feed from the camera is displayed on the monitor at the reception desk of the building, thus enabling a timely provision of assistance to an injured gym guest, if required.
- The first aid kit is available at the reception desk.
- Injuries to gym guests as well as data on the use of medical supplies from the first aid kit shall be recorded in an injury log book placed in the first aid kit.

IX IMPORTANT CONTACT DETAILS

Reception of the building	+420 576 036 111	INTEGRATED RESCUE SYSTEM	112
Administrator Ing. Pavel Valášek e-mail: p1valasek@utb.cz		FIRE BRIGADE	150
		EMERGENCY MEDICAL SERVICE	155
		MUNICIPAL POLICE	156
		POLICE OF THE CZECH REPUBLIC	158

In Zlín on: 1 September 2022

Approved by: Bc. Michal Navrátil
Director of the HRR (Name, surname,
signature)