

Operating conditions

1. The Fitness Centre is intended for recreational sports use, in particular by students and staff of CTU in Prague.
2. **Whenever exercises are being done, there must be at least two persons on the premises of the Fitness Centre.**
3. The Fitness Centre has opening hours according to the published timetable, which must be kept to unconditionally. **(From 10 p.m. onwards, rules on quietness at night must be kept to unconditionally!)**
4. **Entry to the Fitness Centre is with the use of a valid CTU card.**
5. Entry to the Fitness Centre is permitted only in clean and good-quality footwear with light-coloured soles, and in sportswear that is appropriate for exercising.
6. Throughout the area of the Fitness Centre it is forbidden to eat food, to smoke, to use an open flame or to consume alcoholic drinks. Only non-alcoholic drinks in plastic containers are allowed. Persons under the influence of alcohol or other narcotics will not be admitted to the Fitness Centre.
7. Visitors to the Fitness Centre are asked not to disturb others at exercise, to be well-behaved and considerate to other users.
8. All users are required to follow instructions given by the manager and his deputies.
9. Users are responsible for maintaining order throughout the Fitness Centre, for protecting property and for any damage resulting from breaking the rules of the Fitness Centre. Any damage or faults must be reported without delay to one of the persons responsible for the operation of the Fitness Centre. It is forbidden to make repairs to Fitness Centre equipment.
10. The manager takes no responsibility for damage to users' property that is brought into the Fitness Centre.
11. Users exercising in the Fitness Centre use the equipment at their own risk, and should make sure before use that the equipment has no faults that could prevent it being used safely.
12. Users may use the Fitness Centre only for the purposes for which it is intended, and should follow all safety, hygienic and fire-prevention measures while in the Centre.
13. Users are required, before leaving the Fitness Centre, to close all windows, to switch off the lights, to use their smart card to log off, and to lock up the Fitness Centre. The Centre must be empty not later than the official closing time.

Rules on behaviour in the Fitness Centre

1. **Weights, weight bars and other metal objects should not be placed on the leather upholstery of the benches or on the instruments. Do not place your footwear on the leather upholstery.**
2. **When exercising, use your own towel.** In this way you will protect your own health, the leather upholstery on the benches and the instruments from the aggressive impact of sweat.
3. Always have someone to help you, specially when doing bench presses, knee bends, bar presses and other difficult exercises.
4. When placing weights on the floor, take care not to damage it.
5. **After exercising, replace equipment and apparatus in its original place. Remove weights from the bar. Each disc, weight, bar and dumbbell has its own place in the Fitness Centre. When you finish exercising, please return everything to its proper place.**
6. The instruments will be checked, oiled and cleaned once per year, or in accordance with the manufacturer's recommendations.