



the loss of valuables or cash. The visitor will use his/her own towel after having a shower. Before entering the Gym, the visitor is obliged to put on clean sports shoes (outdoor shoes will be stored in the locker).

- 1.6 **Smoking, consumption of food, alcohol**, use of drugs and narcotics, use of fire and carrying of substances generally endangering health or property are strictly prohibited throughout the area. Entry of persons under the influence of drugs, narcotics, psychotropic substances and alcohol is prohibited. **Persons suffering from a contagious disease or other illness are prohibited from entering** unless their doctor has determined that it is safe to visit the premises.
- 1.7 The visitor must also not interfere with the electrical installation and plumbing, damage, abuse or otherwise prevent the use of fire extinguishers, remove instructions, manuals and documents used for fire protection. It is also forbidden to damage or arbitrarily change the Gym equipment and facilities .
- 1.8 Visitors are obliged to report any **damage, accidents and defects** incurred immediately to the persons responsible for the operation of the Gym or at the reception of the Halls of Residence or by sending an e-mail to [gym@uhk.cz](mailto:gym@uhk.cz).
- 1.9 The first aid kit is located in the main room of the Gym. In the event of an injury or accident, a report will be made immediately in the "Log of Minor Injuries " and signed by the witness who was present at the time.
- 1.10** In the event of fire, the visitor follows the fire alarm directive and fire evacuation plan in effect (the visitor is obliged to take immediate measures to eliminate the outbreak and **call for help immediately**).
- 1.11 The visitor is required to follow and comply with government regulations regarding COVID-19 .

## 2. Facilities and their use

- 2.1 When using any equipment, the visitor is obliged to follow the instructions for use (instructions are posted on the walls) and use only machines and tools that he/she can handle and knows the correct technique. The visitor uses it at his/her own risk and makes sure before use that the equipment shows no signs of defect. By entering the Gym and exercising individual

machines and equipment, each member agrees to be familiar with the operating instructions for the machines and equipment and knows how to handle the machines and equipment during the individual exercises. The operating instructions are posted in the Gym. The operator is not responsible for any injuries caused in the Gym due to improper, unprofessional and careless handling of the Gym equipment or for injuries caused by inadequate load (in strengthening its maximum will ensure assistance), failure to estimate his/her own possibilities and careless behaviour.

- 2.2 Store the tools in their original/marked place, you always return all weights to their original place and do not leave them on axles. Carefully place the dumbbells on the floor to avoid its damage.
- 2.3 It is forbidden to take equipment out of the room, each room is marked and has its own list of equipment - machine room, function room, cardio zone. The axis is assigned to the machine at which it is located and it is forbidden to manipulate with it even within the room .
- 2.4 In case of equipment damage caused by any violation of the Operating Rules, the operator is entitled to request the full amount of equipment or repairs. Any theft of equipment will be traced and the visitor will bear the consequences, at the same time he/she is obliged to pay for the stolen equipment in full.
- 2.5 Before leaving the Gym, the visitor is obliged to turn off the lights, close the windows and check that all the equipment he/she used is back in its original place. The visitor is also obliged to leave the premises clean and tidy, to leave the door from the shower open (to ensure ventilation of the premises and release steam after showering). The entrance door to the Gym and the entrance door from block F must always be closed to prevent unauthorized entry.

### 3. Organization, entry and operation management

#### 3.1 Operating hours of the Gym:

<b>Monday – Friday</b>	6.30-8.30 9.00-11.00 13.00-15.00 15.00-17.00 17.00-19.00 19.00-21.00	(Mon-WEd-Fri students; Tue-Thu employees)
<b>Saturday</b>	9.00-11.00	17.00-19.00 (only employees)

**Sunday** 9.00-11.00  
13.00-15.00  
15.00-17.00  
17.00-19.00  
19.00-21.00

**The maximum length of stay within 1 training unit is 2 hours**

The last entry is at 19:00, each visitor is required to leave the Gym by 21:00. During the summer holidays - July and August - individual operating hours will be arranged.

- 3.2 Entry is allowed to members who make a reservation in time in the reservation system:
- a) student reservation: [www.uhk.cz/gym-koleje-student](http://www.uhk.cz/gym-koleje-student)
  - b) employee reservation: <http://www.uhk.cz/gym-koleje-zamestnanec>
- 3.3 The visitor will be allowed to enter the Gym on the basis of a valid ISIC card, student card or employee card. To get permission to enter, **it is necessary to make a reservation always a day in advance by 20:00 p.m.** After entering the Gym, the visitor is obliged to "log in" (i.e. to attach his/her card to the card reader of the electronic entry device). Each visitor to the Gym gets acquainted with these Operating Rules when purchasing membership/before entering the Gym for the first time, and signs that he/she agrees with its wording. The Operating Rules and signature sheet are available at the Reception of the UHK Halls of Residence.
- 3.4 The number of visitors is limited to 10 people in one time interval, the minimum recommended number is 2 people.
- 3.5 The operator reserves the right to change the operating hours. Changes concerning operation restrictions will be published on the UHK website, in the Halls of Residence section; in the extreme case, visitors will be notified by e-mail or phone.
- 3.6 Report any violations of the Operating Rules and generally applicable regulations immediately to the persons authorized to operate the Gym or send them to: [gym@uhk.cz](mailto:gym@uhk.cz), and the consequences will be drawn from each such violation. The visitor will lose his/her membership without the right to compensation and the operator may refuse to accept his/her new membership.

The Operating Rules are permanently posted in the Gym, and are also published on the UHK website in the Halls of Residence section.