

Operating rules of an equipped gym

Operator: Ricany Property s.r.o., Delnicka 213/12, 170 00 Praha 7

ID: 274 38 767, Tax ref. no: CZ 27438767

Administered by the Municipal Court in Prague, Section C, Insert 112256

1. Opening hours:

The premises are open from 7:00 AM to 9:00 PM every workday. Only employees of companies based in Rosmarin BC can use the premises at that time.

2. Room equipment

LED TV	2x running machines	1x fitness ball with accessories
Wall clock	2x cycling machines with a TV	2x leather skipping ropes
Magnetic board	1x elliptical trainer	6x large gym mat (3x red, 3x blue)
CCTV	1x vibrating machine	1x wall bars including a horizontal bar
Refrigerating unit	1x workout bench with accessories	

The room is equipped with In-Sportline exercise machines. Inspection reports and user instructions, including workout programmes are available for all the supplied machines.

3. Room operation organization

- 3.1 The room is intended for all visitors who have got acquainted with the Rental Agreement and have confirmed it and who have accepted the following operating Rules.
- 3.2 The Borrower is obliged to get acquainted with these operating rules and act and behave in conformity therewith. By registering and booking the room, or possibly by confirming the Rental Agreement, the Borrower expresses their full consent with the terms & conditions thereof.
- 3.3 The Borrower has the right to use individual pieces of equipment and tools on the basis of a performed registration and booking of the room, or possibly a confirmed Rental Agreement. If they fail to do so, they will be forbidden to use the room.
- 3.4 If the Borrower lets an unauthorized person (an unregistered person, a person without a booking or without a confirmed Rental Agreement, or outside the booked days and hours) into the room, they will be forbidden to use it.
- 3.5 Each Borrower is fully responsible for their health. The Lender shall not be held responsible for the Borrower's health.
- 3.6 Should any damage to the exercise machines or aids occur, each person responsible is obliged to report such a fact to the Lender.
- 3.7 The Borrower shall always use all exercise machines and aids carefully and exclusively for the purpose which they have been designed for. Always use the safety measures! If the Borrower uses the equipment in an unsuitable way, they can be expelled from the room! Should the Borrower deliberately damage any room equipment, they are obliged to reimburse the damage caused!
- 3.8 It is strictly forbidden to smoke, drink alcohol, take drugs, etc. in the room. If the Borrower is found to be doing such things, the Rental Agreement will be terminated immediately.
- 3.9 Children are strictly forbidden in the room. The Borrowers who bring their children into the room, shall bear FULL exclusive and non-transferable responsibility for any possible harm to the child's health and damage to the operator's property caused by the child's movement in the room.
- 3.10 The following persons are forbidden to use the room: persons under the influence of alcohol, narcotic drugs or psychotropic substances, in dirty or obviously unsuitable clothes or persons causing a public nuisance.
- 3.11 The Borrower shall be responsible for any damage or loss caused to the Lender in full amount, even if it is accidental.
- 3.12 The premises are constantly monitored with a surveillance camera system.
- 3.13 The Rental Agreement limits free access to the room to two entries per week on fixed dates and times.
- 3.14 The Lender also notifies all borrowers that there is only one men's and one women's shower on the 5th floor. Other showers are situated on 2nd floor.
- 3.15 Borrowers use the equipment in the premises at their own risk, but they should make sure that all equipment is free of faults hindering its safe use.
- 3.16 The borrowers shall use the premises only for the purpose for which they are intended and follow all safety, hygiene and fire protection principles.

4. Rules of behaviour

- 4.1 Each Borrower is obliged to use sports shoes and sportswear. (not barefoot, but wearing solid shoes). While performing sports activities, they must not endanger their health or other Borrowers' health and they must not damage the property. It is forbidden to soil the premises.
- 4.2 Each Borrower is obliged to deposit all belongings, including their shoes in the designated place, i.e. in the lockers. The Borrower is fully responsible for any valuables kept in the room.
- 4.3 The Borrower is obliged to empty the locker and leave it open upon leaving. The Borrower may not take the locker keys out of the room.
- 4.4 Do not lay barbells, barbel bars and other metal objects on the leatherette upholstery of benches and exercise machines. It is forbidden to step on the leatherette upholstery with your shoes.
- 4.5 Use your own towel while exercising on the machines and other equipment. You thus protect your health as well as the upholstery of benches and exercise machines against the aggressive action of sweat.
- 4.6 Always have a partner to help you, namely while doing bench-press, squats, barbell push presses and other demanding exercises.
- 4.7 Always lay the barbells on the floor carefully in order not to damage it.
- 4.8 After each borrowing, everyone should clear out the equipment and aids they have used to the designated places and restore the place to its original state. Do not leave the weights on the bars. All weights, bars and one-handed barbells have their designated places. We ask all borrowers to pay extra attention to this fact.
- 4.9 The Borrower is obliged to clean up after themselves and not to leave any waste outside the wastebaskets.

5. Final provisions

- 5.1 Should the Borrower or visitor violate the operating rules, they will be forbidden to use the premises without any right for compensation.
- 5.2 These operating rules shall come into force immediately
- 5.3 If there is a change of operating conditions or means of use, an amendment to the operating rules will be issued.

On 1st Nov 2013, in Prague