

## **Lublin University of Technology (LUT) Sports Centre Gym Rules**

1. The Gym is located in the Sports Centre of the Lublin University of Technology (Centrum Sportowe Politechniki Lubelskiej - CSPL) in Lublin, ul. Nadbystrzycka 36 B.
2. The Gym is open daily from 8am to 9pm. For multi-day pass holders, the Gym is open only during designated days and times.
3. Upon entry into the Sports Centre, the user should know and obey these Rules.
4. The Gym and equipment is available only with the permission of CSPL Manager according to a pre-established schedule.
5. CSPL Manager has the right to change the rules, schedule and opening hours of the Gym.
6. The Gym can be used by:
  - a) student groups in the framework of didactic classes under the supervision of the person conducting the classes,
  - b) LUT sports sections and sport clubs under the supervision of an instructor or trainer,
  - c) organized groups, individuals (adults only) under the supervision of an instructor or trainer.
7. The Gym and its training equipment can be used by persons who have purchased the pass according to the rules. Each time the pass must be shown to the instructor at the entrance to the Gym.
8. Purchased pass can only be used till the date indicated on it. You are not allowed to use the Gym after expiry date.
9. Users of the Gym should have a medical examination for their own safety to ensure that there are no contraindications to exercise. Users without the above examination use the Gym at their own responsibility.
10. Persons in the course of rehabilitation or correction exercises are obliged to tell the instructor or trainer about the type of illness.
11. The Sports Centre takes no responsibility for the injuries resulting from the use of Gym equipment.
12. Users of the Gym should:
  - a) leave clothes and shoes in the cloakroom,
  - b) use appropriate sportswear and footwear (clean, and not making scratches),
  - c) use towels for hygiene and better maintenance of the equipment,
  - d) keep safety precautions while using the Gym equipment,
  - e) exercise with heavy free weights only with the assistance of one person at least,
  - f) check prior to workout completeness of the moving parts of the equipment and, in case of a fault, report this fact to the instructor,

- g) maintain cleanliness and order in the Gym and locker rooms, showers and sanitary facilities,
  - h) leave the equipment in order after completing the exercise as instructed by the instructor,
  - i) treat equipment with care.
13. In the Gym, the supervising instructor takes care of the users.
  14. Instructors and trainers are obliged to introduce users to the Gym Rules.
  15. All users are required to obey the instructions of the Sports Centre staff.
  16. The instructor has the right to limit the number of class attendants or to ask the user to leave the course if he does not obey the instructions.
  17. In the Gym there is a strict ban on chewing gum, alcoholic beverages, drugs, exercise under influence, cigarette smoking, eating and bringing beverages in glass bottles.
  18. The keys to locker rooms for the users are issued at the reception according to the timetable after receipt of a document confirming the identity or with the written consent of the Manager. In case of losing the key, the user shall be charged the cost of 25 PLN.
  19. The cloakroom keys are issued no earlier than 15 minutes prior to the start of classes and should be passed at last in 20 minutes after classes completion.
  20. The responsibility for the items left in any Sports Centre premises is borne by the users.
  21. Items found should be given to the Sports Centre reception.
  22. Items left at the Sports Centre, found by the Service Staff or Users, may be picked up from the reception within 4 weeks of the date of leaving.
  23. The instructor or other facilitator is responsible for the condition of the equipment, their suitability for exercise and the safety of the users.
  24. During competitions organized in the Gym the organizer is obliged to observe these Rules and is responsible for ensuring the safety of the users.
  25. In case of any damage done to the equipment due to its misuse, the user will be charged the full value of the equipment.
  26. The user takes responsibility for any accidents or incidents in the Gym caused by disobeying these Rules.
  27. Failure to comply with the above Rules will result in a ban on the use of the Gym.

The Rules have been approved by the Chancellor of the Lublin University of Technology and apply from 6 March 2017.