

## **VISITOR REGULATIONS OF THE GYM**

These Visitor Regulations are binding for all visitors to the Gym of x-bionic® (hereinafter referred to as the Gym).

### **I. GENERAL INFORMATION**

#### **1. Gym opening hours**

1. Information on the opening hours of the Gym is available at the main entrance door of the Gym and on the operator's website.
2. Visitors are obliged to finish their sporting activities no later than 15 minutes before the end of the opening hours of the Gym and to leave the premises no later than the end of the opening hours of the Gym.
3. The Company hereby reserves the right to extend or shorten the opening hours of the Gym as required.

#### **2. Services and facilities of the Gym**

1. Visitors to the Gym can use the following services:
  - gym, functional and cardio zone,;
  - Pink Room group classes zone;
  - sauna, changing rooms, showers;
  - services offered through the reception: solarium and cryosauna.

### **II. RULES FOR THE USE OF FACILITIES AND SERVICES**

#### **1. Safety rules in Gym**

1. Visitors carry out all sporting activities in Gym at their own responsibility and risk. The use of the Gym's facilities, equipment and services without a prior initial briefing is forbidden.
2. Visitors are obliged to follow the Gym's Visitor Regulations and the instructions of the Company and its employees or other persons providing services on behalf of the Company (including external instructors and coaches) during the use of the Gym's services.
3. The Company shall not be liable for any personal injury or property damage that may be caused to the Visitor as a result of the Visitor's failure to comply with this procedure or the instructions of the Company, its employees, instructors or trainers.
4. The Company shall not be liable for any damage to health or property caused by the visitor's intentional, negligent or reckless overestimation of his/her physical condition.
5. Visitors may not engage in sporting activity at Gym if they are ill, injured, regularly taking medication or other substances that may affect their physical or mental abilities in any way, or if they are otherwise indisposed to engage in sporting activity. This prohibition does not apply to persons who provide a written statement from a physician that the person can perform sporting activities in Gym.
6. Prior consultation with a physician regarding the possibility of using the individual services and facilities of the Gym is recommended especially, but not exclusively, for persons suffering from diabetes, heart disease, high or low blood pressure and pregnant women.
7. Visitors to the Gym are obliged to observe the principles of personal safety when using the facilities and services of the Gym, both their own and that of other visitors.
8. Children under the age of 5 are not allowed in the Gym. Children between the ages of 5 and 15 are only allowed to enter the Gym when accompanied by an adult (a person over the age of 18). The accompanying person is responsible for the child throughout the child's stay in the Gym area. In the event of non-compliance with the visiting regulations or any other prohibition of the operator, the operator is not liable for any injury or damage to the child's health. Persons aged 16 years and over are allowed to enter the Gym unaccompanied.
9. In the case of assisted use of the Gym facilities, first aid shall be provided by the relevant shift supervisor or the Gym reception, which shall be equipped with medical supplies in accordance with the applicable legislation.

#### **2. Rules of conduct in Gym**

1. Visitors are obliged to behave during their presence in the Gym in a manner that will not restrict other visitors to the Gym from using its facilities and services.
2. In the event of inappropriate, aggressive or abusive behaviour towards other visitors or employees of the Gym, the Company reserves the right to eject such client from the Gym premises.
3. Visitors are obliged to respect the rules for entering the Gym and to respect all control mechanisms used by the company for this purpose - entry tickets, X-CARD, chip clocks, turnstiles, fingerprint, etc.
4. In all areas of the Gym it is forbidden:
  - smoking;
  - consume any kind of food (the prohibition does not apply to drinks);
  - consume alcohol;
  - use chewing gum;
  - bringing animals;
  - enter the common areas wearing inappropriate clothing or footwear; enter without shoes;
  - bring bags or backpacks into the Gym premises;
  - enter areas designated for the opposite sex;
  - behave in a manner contrary to good manners;
  - use the Pink Room studio outside of scheduled hours;
  - use their own trainers at the Gym or operate a training business without a contract with the Company.
5. Visitors are obliged to adapt their sportswear to the principles of personal hygiene and good manners, taking into account the specific place in which they are in Gym.
6. The Company reserves the right to impose conditions on appropriate dress and equally at its discretion to ask a visitor who is not dressed appropriately to leave the premises or to change clothes.

### **3. Rules for storing personal belongings when using the services and facilities of the Gym**

1. Lockers are available in the premises of the Gym for visitors to store their clothes when using the services and facilities of the Gym, which are opened by the visitor using a chip watch given to them at the reception.
2. Visitors are required to empty the locker completely and leave it open at all times before leaving the Gym.
3. The Company is not responsible or liable for jewellery, money and other valuables or other items stored in lockers. The Company is also not responsible for the loss of personal belongings left in the Gym premises.

### **4. Hygiene rules in Gym**

1. Visitors are obliged to use towels during sporting activities so that the Gym equipment used by visitors is kept clean.
2. Visitors are asked to place towels on all surfaces that come in contact with the body. Surfaces that the visitor nevertheless soils with perspiration must be cleaned by the visitor with the disinfectant available in the cardio area by the treadmills and cardio machines.
3. Visitors are obliged to observe the following hygiene principles in Gym:
  - Before entering the premises, visitors are required to change from the shoes in which they came to the shoes in which they will be exercising or moving around the club. In the case of a visitor who has come for a tour of the Gym, he/she is obliged to use the protective shoe covers available at the Gym reception;
  - enter the gym and studios only in closed and clean sports shoes, different from outdoor shoes; the use of beach shoes / slippers, sandals, flip-flops is prohibited in the gym; it is also forbidden to enter barefoot and to exercise barefoot;
  - after using a machine or any mat or equipment in the gym, always clean it with a disinfectant;
  - use deodorant;
  - respect the prohibition of shaving in all areas of the club;
  - do not dry clothes or towels on the radiators;
  - observe all applicable government regulations regarding movement in confined spaces.
4. Toilet facilities (showers and toilets) are available in the changing rooms, separate for men and women. Soaps and shampoos are available for visitors at the sinks. These are dermatologically tested.

## **III. VISITING REGULATIONS**

1. Visitors are obliged to follow these visitor regulations and the instructions of external coaches and reception staff or the company when participating in sporting activities in Gym.
2. Do not block machines or stations for longer than is strictly necessary - if someone asks you to, please allow them to take turns at the station.
3. When you have finished your workout, put the dumbbells and discs away in the designated area, this is also a sign of respect and consideration for the other members of the Gym.
4. Handle the machines gently, do not throw the dumbbells away and store them only in the racks or on the rubber floor (squares), do not endanger the safety of others.
5. In case of any damage to the machine, dumbbells or exercise equipment, it is the responsibility of each visitor to report the fact to the reception.
6. Visitors are prohibited from using their own personal trainers or operating a coaching business on the Gym premises.
7. The Company reserves the right to limit the time of use of certain sports or other facilities of the Gym (e.g. cardio-zones) at any time due to excessive workload.

#### **IV. FINAL CLAUSES**

The Company is entitled to unilaterally change or amend these Visitor Regulations at any time. The amended or supplemented Visiting Regulations shall enter into force on the date of their publication on the premises of the Gym. The current version of the Visiting Regulations is always available and published on the premises of the Gym and on request from the Company.

Visitors may lodge any complaints about the quality of the services provided or deficiencies in the facilities of the Gym in person with one of the Gym's managers or in writing via the Gym's reception.

However, visitors are obliged to prevent, to the best of their ability, any damage to the Club's facilities and to report any damage or deficiencies found to the Club's reception.

The Company reserves the right to close the Gym, or part of it, for a limited period of time in order to carry out necessary repairs, alterations and maintenance of the Club or in the event of a private event. The closure of the Gym or part of it will be announced by the Company well in advance by posting information about the planned measure at the reception of the Gym.

In Šamorín, on 01.01.2025