

Regulations on using the gym facility in halls of residence of the University of Environmental and Life Sciences in Wrocław

1. The gym can be used from 8 am to 11 pm.
2. People who work out in the gym are required to submit a statement to the manager of a hall of residence. The statement should say that:
 - a. the gym user has read these Regulations;
 - b. medical condition of the gym user allows him/her to work out at the gym;
 - c. the user will share in the costs of repairing or replacing the gym equipment that has been damaged when being used.
3. Before using any device, for the sake of safety, the user should check its technical condition and in the event of any defects in the equipment or its damage, the user should immediately report this fact to the hall manager or another authorized person.
4. A person collecting the key to the gym facility leaves his/her ID card with the gym supervisor and put his/her name down the gym user record book.
5. Upon collecting the key, a person entering the gym is responsible for the equipment and order in the gym.
6. A minimum of 2 people may exercise at the gym providing each other with mutual protection, but not more than people*.
7. It is required to use the gym equipment in accordance with its intended purpose and health and safety regulations. Due to sanitary requirements and equipment maintenance recommendations, it is suggested to use towels on the equipment and to wipe it down after a workout.
8. The gym users are required to maintain a high standard of cleanliness.
9. All gym users must be properly attired in standard workout clothes and wear clean sports footwear (not used outside the gym) while in exercise area.
10. It is forbidden to bring in and consume alcoholic beverages, smoke, or use any substance in the gym.
11. Individuals under the influence of alcohol or other drugs are not allowed to enter and stay at the gym.
12. Any damage to the equipment (inadvertent, accidental, resulting from proper use of the equipment) is covered jointly by all users of the gym, while the costs of repairing or replacing the equipment that was damaged deliberately are covered by a person who caused such damage.
13. Only residents of a hall of residence housing the gym can use it.

Students of the Wrocław University of Environmental and Life Sciences accommodated in other halls and students accommodated elsewhere may use the gym with written consent of the hall manager and the President of the Residents' Council.

14. The gym can only be attended by people who have read the gym regulations and submitted the statement referred to above.
15. An individual who does not comply with the Regulations will not be allowed to use gym in all halls of residence of the Wrocław University of Environmental and Life Sciences.
16. The hall manager shall decide on all matters not covered by these Regulations.
17. The Wrocław University of Environmental and Life Science is not responsible for events resulting from failure to follow these Regulations and safety recommendations contained in instructions on how to use individual training equipment.

* Due to different size of gym facilities in individual halls of residence, each gym facility must provide its limit of people working out at the same time, in agreement with the Centre for Physical Education and Sports.