

# **OPERATING RULES**

Every visitor is obliged to familiarize himself/herself with the Operating Rules of JožGym fitness and solarium (hereinafter referred to as "JožGym"). We ask for unconditional compliance and behaviour in accordance with these Operating Rules and also in accordance with the instructions of the JožGym staff.

1. Basic information

Name of the facility: JožGym fitness a solárium  
Address: Pasáž Koruna, nám. Svobody 4, 38901 Vodňany  
Operator of the facility: JDG Consulting s.r.o.,  
with the registered office Kodádkova 19, Vodňany,  
CIN: 07070331, registered in the Commercial Register kept at  
the Regional Court in České Budějovice, file number C 27519  
Responsible person: Ing. Jakub David, phone number: 733 189 546

*The JožGym Operating Rules are in accordance with Act No. 258/2000 Coll., on Public Health Protection, as amended.*

2. Entry to JožGym is possible only with a valid membership card. By paying the entrance fee according to the valid price list, the visitor expresses his/her full and unconditional consent to these Operating Rules.
3. The visitor is entitled to use the individual facilities and equipment of the JožGym fitness centre or use its services on the basis of a duly paid entrance fee according to the type of service used as established by the price list. It is forbidden to enter the gym area without a duly paid entrance fee.
4. JožGym is designed for recreational sports and relaxation. Visitors do sports at their own risk. Each visitor is fully responsible for his/her health condition. JožGym is not responsible for the health condition of visitors.
5. The visitor is entitled to use the individual facilities and equipment of the JožGym fitness centre or use its services on the basis of a duly paid entrance fee according to the type of service used as established by the price list. It is forbidden to enter the gym area without a duly paid entrance fee.
6. Visitors are obliged to take off and put away their shoes immediately after entering the JožGym in the designated shoe cabinet. In the changing room, each visitor is obliged to put his/her clothes in the locker and lock it with a key. It is not recommended to store large sums of money, expensive electronics and other valuables in the locker. The fitness centre is not responsible for the loss of these items.
7. Entry to the gym area is permitted only in clean and sturdy sports shoes and suitable sports clothing. The changing room is used exclusively for changing and storing clothes. The storage of clothing and other large items (e.g. backpacks, bags) outside the changing room is prohibited.

8. No pets are allowed in the JožGym.
9. Gym users must be at least 16 years of age. If he/she is younger (12–15 years old), he/she is allowed to enter the gym only when accompanied by a person over 18 years old (parents, siblings) or a trainer. This person then assumes full responsibility for the safety of the underage gym user and is obliged to attend to him/her at all times and not leave him/her unattended.
10. In exceptional cases and with the prior consent of the JožGym staff, children are allowed to move around the gym only when accompanied by their parents, who expressly and non-transferably bear FULL responsibility for any damage to the health of their child and the property of the operator caused by the child's movement.
11. Entry to all JožGym areas is prohibited for persons: under the influence of intoxicating, narcotic or psychotropic substances, in dirty or obviously inappropriate clothing, or causing public outrage. In such cases, the staff of the operator is entitled to ask such persons to leave the JožGym at any time. If they fail to do so, they may be escorted out of the facility without compensation.
12. Visitors are also obliged to comply with the relevant fire regulations. Smoking, the use of open flames, the consumption of alcoholic beverages and the use of addictive, narcotic or psychotropic substances are strictly prohibited throughout the JožGym. Only soft drinks in plastic containers are allowed.
13. In JožGym, there is a strict ban on eating in the area reserved for exercise.
14. Every visitor to JožGym must observe the principles of personal hygiene, behave politely and respectfully to all other visitors present and not disturb others during exercise.
15. Visitors are responsible for maintaining order in the entire JožGym area and for protecting the property of the operator. The visitor is responsible for any damage or loss caused to the operator, even if it is an unintentional act. The visitor who causes damage is obliged to immediately pay the full amount to the operator of JožGym.
16. All detected defects and accidents must be reported immediately to the reception staff or via the telephone line at the reception, which was established to be used in such cases.
17. In the event of any injury, each visitor is obliged to report this to the JožGym operator. A first aid kit is available at the JožGym reception.
18. The operator is not responsible for damage to visitors' belongings brought into the JožGym premises.
19. Moving of fitness and cardio machines in JožGym is strictly prohibited.
20. Visitors to the JožGym areas use the equipment at their own risk, and before using each machine, they must make sure that the machine does not have any defects preventing its safe use.

Should they discover a fault, they are obliged to report it immediately to the operator at the reception, or via the telephone line at the reception, which was established to be used in such cases. Exercising on such a machine is then prohibited.

21. In JožGym it is forbidden to use powdered magnesium, only magnesium in liquid form is allowed.
22. The visitor shall always use the equipment and tools sparingly, only for their intended purpose. In case the visitor uses the equipment/tools inappropriately even after being warned by the JožGym staff, he/she may be escorted out of the JožGym without any refund of the entrance fee. If the visitor intentionally damages any JožGym equipment, he/she is obliged to immediately pay for the damage caused in full.
23. Dumbbells, axles of dumbbells and other metal objects must not be placed on the leatherette covering of benches and weight machines. It is forbidden to step on the leatherette covering in shoes.
24. When exercising, always use weights appropriate to your physical limits. When performing demanding or dangerous exercises and exercises reaching your physical limits, the visitor is obliged to arrange for the assistance of another person.
25. Visitors are required to place the dumbbells on the floor so as not to damage the dumbbells or the floor.
26. Visitors are required to use axle caps when exercising with loading dumbbells.
27. At the end of each exercise, it is the visitor's responsibility to clean up after themselves. Do not leave weights on the axles. All discs, dumbbell axles and one-handed dumbbells have their designated place in JožGym, where they should always be returned!
28. Every visitor must have a towel. If they do not have one, they can borrow a towel from the staff at the JožGym reception. Visitors are obliged to use a towel for hygiene reasons and to protect the leatherette on the machines from the effects of sweat. After finishing the exercise on the machine, the visitor is obliged to, if necessary, wipe the leatherette dry.
29. The participant of group lessons in JožGym under the guidance of qualified instructors, declares that he/she is aware of his/her health condition and that he/she participates in the exercise at his/her own responsibility and risk. Each participant is to adapt the intensity of the exercise to his/her abilities and also to his/her current state of health. The participant is obliged to consult his/her doctor and inform the instructor of any health limitations (illness, injury, limited mobility, pregnancy, etc.) before the start of the sport activity (in case the doctor authorizes it). The operator assumes no responsibility for any health problems arising during or after the lesson.

30. When interest groups (sports clubs, interest clubs, schools) visit the fitness centre, the leader of this group is responsible for the programme, compliance with safety measures and compliance with the JožGym Operating Rules.
31. The visitor is obliged to empty the locker when leaving the changing room at the end of the workout, leave it unlocked and return the locker key to the designated place. He/she is obliged to properly keep the locker key during his/her stay in JožGym. The visitor is responsible for any damage caused to the operator by loss of the key, damage to the lock or other misuse. In case of loss, damage or misuse, the visitor is obliged to pay the amount of CZK 200 covering the cost of replacing the lock.
32. In the event of theft, it is your responsibility to call the police yourself to make a report and to fill in the submitted form for the insurance company, which you will receive from the staff after reporting the theft using the special helpline listed at the reception. Delayed report of theft will not be taken into account.
33. Inspection, lubrication and cleaning of the machines is carried out at the times required by the manufacturer, at least once per year or as required.
34. Visitors who do not comply with the Operating Rules may be escorted out of JožGym. If multiple breaches occur, the membership will be terminated and the client will be banned from entering, with no refund of the entrance and membership fee.
35. These Operating Rules are valid from 2 September 2022.
36. The Operator is entitled to update or unilaterally change these Operating Rules at any time. The new version of the Operating Regulations will be effective from the date of its publication on the website [www.jozgym.cz](http://www.jozgym.cz) and hanging on the notice board in the reception area of JožGym.