



# KRAFTMAGNET GYM Internal Rules

With their voluntary presence, every visitor agrees to abide by the listed Internal Rules.

### 1. General conditions

1.1 It is recommended that every participant sign in for a training course in advance on our web page <u>www.powwow.bg</u>.

1.2 When attending the fitness or joining a specific sport training, the club member must check himself in on the presence terminal.

1.3 Companions and not training people are not allowed in the sports center.

1.4 Every participant should read and sign the Liability Waiver Form (LWF).

1.5 Participants must be at least 16 years of old, otherwise, a parent/guardian must be present to sign the Liability Waiver Form (LWF). Children, under 14 years of age, are not allowed to train without a parent/guardian, if the workout is not especially intended for children.

1.6 Consumption of food is not allowed on the territory of the gym.

1.7 Visitors, who are under the influence (alcohol, illegal drugs) are not allowed.

1.8 Visitors are obliged to protect the property of the sports center. In case of damaged property, a report describing the damage and the cost, is issued. All costs, for repairing the damage, are borne by the perpetrator.

1.9 Visitors, who:

- do not abide by the Internal Rules;

- do not keep basic hygiene level (maintain good personal hygiene, proper trash disposing, other);

- do not protect the property of the sports center;

- disturb the training process of the other participants;

shall be asked to leave. Repeated violations will lead to membership cancellation, and the perpetrator will not be allowed to visit Kraftmagnet gym.

#### 2. Dressing rooms and Showers

2.1 Dressing rooms are two types: individual – they can be locked from the inside, and the whole space is left for private use, group – two separate rooms for male and female. When leaving the dressing room, visitors are obliged to take all their belonging. There are lockers available for clothing and personal items.

2.2 When leaving the dressing room, customers are obliged not to leave their personal belongings inside. For this customer can use the lockers.

2.3 Lockers are only available for use during the duration of the training. When leaving the sports center, customers are obliged not to leave their belongings inside, nor in the dressing rooms or other rooms in Kraftmagnet.

2.4 It is recommended that dressing rooms and showers are used for their intended purpose (not a place for make-up, or talking on the phone, for example), and the comfort of other visitors is not disturbed.

2.5 In case of damage, or other problem, please contact the fitness instructor for





assistance. The sport center may seek financial compensation for incurred damages. For lockers, which are damages a financial compensation will be sought.

2.6 Kraftmagnet gym is not to be held responsible for lost, or damaged items.

## 3. Gym and fighting room

3.1 All sport participants are obliged to wear appropriate sports clothing and clean training footwear.

3.2 Participants have to use personal towels while exercising on the benches, and during a training as a whole.

3.3 It is recommended that participants have and use their personal training equipment (for example, boxing gloves, yoga mats, protectors, other).

3.4 Customers, who use the yoga mats should clean them after use by the rules set from the fitness instructors, and with the available cleaning material.

3.5 All participants have to adhere to instructions from the fitness instructor, and/or the coach and to follow the instructions for proper use of the sports equipment.

3.6 Training machines must not be moved without the explicit permission of the fitness instructor/coach. Training participants are obliged to return all sports equipment back to the designated/appropriate places.

### 4. Club membership

4.1 Club membership's durations are for a period of time, and allows any member to use the entire sports facility and equipment.

4.2 Club membership is individual and cannot be given to another person.

4.3 Our POWWOW BODY & CULTURE club members can receive a second extra card, which can be used by their kid, when the age of the kid is from 14 to 17, included.

4.4 The additional club card, for kids:

- is assigned to the profile of an active club member and the responsibility for proper use and consequences is entirely for the club member to which it is assigned;

- provides access only to the sports hall;

- is provided for the convenience of parents;

4.5 The sports center does not provide financial redemption in case of a premature termination (either voluntary, or involuntary) of the club membership.