

RULES REGULATING SAFE USE OF THE CLUB AND EQUIPMENT IN CITYFIT

In the interests of your safety and other club members, we kindly ask you to follow the recommendations below.

1. There can be a limited number of people in each club and room at the same time, you will find information at the entrance to the club or room.
2. Stay home if you notice signs of an infectious disease, only healthy people are allowed to be in the club. If you have any medical symptoms, do not come to the gym.
3. Do not rearrange the equipment that has been set up in accordance with safety rules and should remain in place at all times.
4. Sanitize your hands. Dispensers with sanitizer are in every club zone and in the locker rooms.
5. After completing the exercise, wipe the machine using disinfectant and a paper towel. Remember to apply the product to paper, not directly to the equipment. Disinfect your locker before and after training. You will find the necessary tools in every club zone and in the locker room.
6. The club staff shall make technical breaks for the purposes of disinfection, therefore please listen to the club announcements.
7. During the technical break it is possible to enter the club. A technical break does not mean that entrance portals are out of service.
8. Keep a safe distance of 2 m from other people throughout the club.
9. Train in sports footwear.
10. When exercising, always put the towel on the equipment so as to limit direct contact of your body with the surface of the device.
11. Do not drink directly from drinking fountains with filtered water. Pour water for training into a bottle.
12. Please do not enter the manager's office. Our employee will come out to you and answer all your questions.
13. If you are over 60 years old or you suffer from chronic diseases, consider deciding to use the club during the least popular hours.
14. Do not use the equipment that has been out of service, including hand dryers.
15. Persons not complying with safety rules may be asked to leave the facility.
16. Failure to comply with the instructions of club's manager / Staff as well as with the provisions of these Regulations may result in the loss of CityFit membership on the general principles of the Regulations located on the CityFit website at <https://cityfit.pl/en/terms-and-conditions/>

We will keep you updated on all changes to the operating rules of the club.