



CHARLES UNIVERSITY IN FACULTY OF PHYSICAL EDUCATION AND SPORT

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Operating rules and regulations of the Athletic tunnel and fitness center UK FTVS

The athletic tunnel and fitness center are institutions of UK FTVS. Their operator is the Department of Athletics UK FTVS that provides sport educational services for students of UK FTVS. Sport facility management of UK FTVS (Správa sportovišť UK FTVS) is the main coordinator of fitness center activity during calendar year and if requested it provides sport training sessions also for other subjects.

For continuous and safety running of fitness center it is necessary that its users keeps the regulations given by OPERATING RULES stated below and that they respect instructions of staff that supervises observing of the operating rules and is responsible for turning on and off the lights, working of sanitary facilities, tidiness and order in the fitness center.

- 1) All users are required to maintain order and to use all the equipment considerably. After having finished using the sport equipment, they are demanded to put it back in its right place.
- 2) All users are required to change their shoes before entering the fitness center. All users put the outdoor shoes in lockers (deposit 10 CZK). The entry to the sport field is permitted in appropriate athletic footwear that must be solid and clean. Use of track spikes is permitted on the carpet in the athletic tunnel. In case of violation of this rule the staff is authorized to order such client out. Shoe shelves serve for storage at the time of training (no permanent storage). All users have to use sportswear while training.
- 3) All users are required to place their personal belongings in safety lockers. The operator is not responsible for damage to any object that the users take with them.
- 4) Opening hours are all year round. According to special needs of sport education or training they are from 6.30am to 9.30pm. In case of absence of fitness center staff, there is a permanent service at reception that gives you the locker key after your signing in.
- 5) It is forbidden to bring any objects or food (alcoholic drinks, chewing gum, snack, etc.), except of sport equipment and non-alcoholic drinks in plastic bottles with closure, into the center.
- 6) It is strictly forbidden to light a fire or manipulate it in anyway or to bring any objects that may endanger safety of other users. Smoking is prohibited in all fitness center's and athletic tunnel's areas.
- 7) In TRX room and in the room for balance and stretching exercises, workout with dumbbells is strictly forbidden.
- 8) Every user is obliged to immediately report any damage or problem in the fitness center area to the competent staff. All damages to the fitness center caused on purpose or because of negligence are under the full responsibility of the person who caused it. Such a person is supposed to cover the damage in its full compensatory amount.
- 9) In case of injury or accident it is necessary to immediately inform the teacher and then the sport facilities operator who will arrange for medical assistance.
- 10) During lessons or activities that are provided by the Faculty it is strictly prohibited to enter the field without the teacher's or coach's presence.
- 11) Except operations related to the Faculty activities (education, tutoring, activity of university sport club, etc.), all individuals use the facilities at their own risk.
- 12) All users of fitness center are recommended to start their training after thorough warm-up exercise.