

VISITING RULES

of IOCB Sports Facility

Zelená 14, Praha 6

Article I. – General provisions

Visitors are obliged to follow these visiting rules and the instructions of the responsible persons on the premises of the Sports Facility. A visitor is defined as an IOCB employee who enters the premises of the Sports Facility.

Visitors to the Sports Facility may use the gym, group exercise room and cardio area.

The opening hours of the Sports Facility are every weekday from 6am to 8pm. Visitors are obliged to finish their sport activities and leave the premises of the Sports Facility latest by the end of the opening hours.

Persons responsible for the operation of the Sports Facility: **Ondřej Pačes** – ondrej.paces@uochb.cas.cz
Anna Strachotová – anna.strachotova@uochb.cas.cz.

Article II. – Rules for the use of the Sports Facility

Safety rules

- Visitors perform all sports activities at their own responsibility and risk.
- It is forbidden to use the Sports Facility without first reading the visiting rules.
- Visitors are obliged to follow the visiting rules or the instructions of the persons responsible for the operation of the Sports Facility (see Article I.).
- IOCB shall not be liable for any damage to health or property that may result from a visitor's failure to comply with such procedures.
- IOCB shall not be liable for any damage to health or property caused by a visitor intentionally, by negligence or due to overestimated physical condition.
- Visitors may not engage in sporting activities at the Sports Facility if they are ill, injured, regularly taking medication or other substances that may affect their physical or mental abilities in any way, or are otherwise indisposed to engage in sporting activities. Prior consultation with a physician regarding the possibility of using the Sports Facility is especially – but not exclusively – recommended for persons suffering from diabetes, heart disease, high or low blood pressure, and pregnant women.
- Visitors to the Sports Facility are obliged to observe the principles of personal safety, both their own and that of other visitors, when using the facility.

Rules of conduct

Visitors are required to:

- Behave in a manner that will not be disruptive to other visitors while in the Sports Facility,
- respect the rules for entering the Sports Facility – permission to enter the Sports Facility is obtained exclusively through the reservation system, and visitors are not allowed to give access to the premises of the Sports Facility to another person,
- adapt their sportswear to the principles of personal hygiene and good manners,
- clean up the barbells and discs after the exercise,
- handle the machines gently, do not throw the barbells and place them only in the racks or on the rubber squares, and do not endanger the safety of others.

The following is prohibited in all areas of the Sports Facility:

- smoking,
- consume food of any kind except beverages,
- consume alcohol or other narcotic and psychotropic substances,
- the use of liquid magnesium,
- bringing animals into the premises,
- enter the common areas in inappropriate clothing,
- use the premises outside opening hours,
- take out or dismantle the equipment of the Sports Facility.

Rules for storing personal belongings

IOCB is not responsible for the loss of personal belongings left on the premises of the Sports Facility.



Hygiene rules

- Visitors are required to use towels during sporting activities so that the equipment used by them in the Sports Facility is kept clean.
- Visitors must place a towel on all surfaces that come into contact with the body. Surfaces that are still stained with sweat must be cleaned with disinfectant.
- Visitors may only enter the Sports Facility wearing closed and clean sports shoes, different from outdoor shoes; beach shoes and slippers are prohibited in the gym.
- After using the machine or the mat, the visitor always cleans them with disinfectant.
- Visitors are obliged to use deodorant.
- Toilets are available in the Sports Facility, showers are in the basement of the IOCB building A.

Rules for entry

- Access to the Sports Facility is by reservation only through the online reservation system.
- Visitors are required to return the keys no later than the second day after visiting the Sports Facility.

Article III. – Final Provisions

IOCB is entitled to unilaterally amend or supplement these visiting rules at any time. The amended or supplemented visiting rules shall take effect on the date of their publication on the IOCB IntraWeb. Updated version of the visiting rules is always available in the premises of the Sports Facility and on the IOCB IntraWeb.

Visitors are obliged to prevent, to the extent possible, damage to the equipment of the Sports Facility. In the event of any damage to machines, barbells, exercise equipment, or any other deficiency, they must immediately notify the responsible persons (see Article I).

For gross violation of the rules of the visiting rules, the visitor will be banned from the Sports Facility for a period of 2 months.

