

# Rules of conduct - fitness

*The overall rules of conduct of Karup-Kølvrå Recreation Center apply in the fitness/gym – this aims to be a place where training is fun and safe. The following are additional rules for the fitness:*

- Only members are allowed in the fitness center. Your passcode is personal and may not be shared with others.
- Children below the age of 14 must be accompanied by an adult.
- Only use the equipment as shown and for the exercises they are meant for.
- Training is at own risk.
- Clean the machines and equipment after use.
- Clean up after yourself; put equipment back to its proper place after use. Remember to close the windows.
- Wear proper clothing and only use clean footwear. Socks are permitted but mind your toes!
- Topless training is not allowed.
- Food is not allowed in the fitness center.
- The lockers are not personal and must be emptied after use.
- All forms of doping are prohibited.
- Show consideration towards the other users of the fitness center.
- The fitness center is open every day from 06-23. The opening hours must be respected.

*Contact information regarding the fitness center: René Burow Sørensen, phone: 42 80 00 02*

*If you violate the rules of conduct, you may be asked to leave permanently or for a period of time. Vandalism and unauthorized use of the facilities may lead to liability to damages.*

*Regards, the management board*