

These Operating Rules are binding for all visitors of Element sports clubs.

Visitor means the Member, the Guest, and any other natural person who enters the premises of the Club (hereinafter referred to as "**Visitor**"). Member means any natural person who has concluded a Contract for the provision of services (hereinafter referred to as "**Contract**") with SC Fitness - Element CZ, s.r.o. with its registered office at Bělehradská 858/23, Vinohrady, 120 00 Prague 2, ID No.: 21025533 (hereinafter referred to as "**Operator**"). Guest means the persons referred to in Article 2 of these Operating Regulations.

1. Entering the Club

1. Access to the Club is granted upon presentation of a QR code, which the Member receives upon registration, via e-mail. The QR code is personal and non-transferable and Members may not publish, distribute or otherwise provide it to third parties.
2. The Club has a maximum capacity for the security reasons, therefore, only the limited number of members indicated in each Club is allowed in the Club at any time. Therefore the Visitors may be prevented from entering the gym whenever the capacity is reached.
3. A Member may visit and enter all Clubs of the Operator to which he/she has granted access in the relevant membership modality.
4. A Member may use the facilities and activities provided at the Club within the terms and conditions of his/her membership and the opening hours of the Club, which are displayed at the entrance of each Club.
5. Any changes to the membership terms and conditions that the Member wishes to make will always require a new Contract.
6. Individual services and special equipment such as personal trainers is only available to the Members for an additional fee.
7. No personal service is available at the Club reception and all queries, unless answered by one of the trainers and instructors, should be made online via the Operator's website www.elementgyms.cz.

2. Guests

1. Members may bring guests to the club if their Contract allows it.
2. The entry of the Guests to the Club is subject to their registration on the website with a declaration of responsibility and health of the Guest, that there are no contraindications, restrictions or obstacles to physical activity they intend to perform, in accordance with the law.
3. The Guests are subject to the same rules and conditions of use of the Club as the Members, in particular the provisions of these Operating Regulations, and the Member is responsible for his/her Guest throughout his/her stay at the Club.
4. The Guests have access to the Club's group classes only if there are vacancies which were not used by the Members. In the event of any disruption to the normal operation of the Club and/or the Guest's failure to comply with these Operating Rules, the Guest will be denied the right to remain in the Club premises.
5. In the event that the maximum capacity of the Club is reached, the Members have priority over the Guests.

3. Physical condition

1. The Visitors are strongly recommended to undergo a medical examination and an initial orientation session at the Club with an instructor followed by the completion of the Par-Q-Physical Activity Readiness Questionnaire, ACSM, before commencing any physical exercise at the Club.
2. The Visitors should only engage in activities for which they are physically capable, to the extent and in a manner that will not cause harm to themselves, other Visitors or the Operator.
3. The Visitors may not perform sports activities in the Club if they are ill, injured, regularly taking medication or other substances that may in any way affect their physical or mental abilities, or are otherwise indisposed for performance of sports activities, unless they provide medical confirmation of their ability to train.
4. The Visitors must strictly follow the instructions of the Club instructors, especially regarding the physical activities to be performed and their intensity and the correct way of using the Club's equipment and services.
5. The Visitors should take the utmost care when exercising, both with regard to the use of equipment and services and their health. In particular, if the Visitor experiences extreme fatigue, any physical or mental discomfort or disturbance, they should stop their activity and immediately inform the Operator's instructors who are in the Club at that moment.

4. Training zones

1. The Club has cardio and weight training machine zones and rooms for group classes.
2. The Visitors should always request presence and assistance of an instructor if they are unfamiliar with the equipment and its operation, and whenever deemed necessary or appropriate.
3. The Visitors are obliged to use the machines, dumbbells, discs and other equipment of the Club according to their purpose and proper way of use, and return them after using to their appropriate places.
4. The Visitors are obliged to use their own clean towels in the cardio and fitness machine area to ensure the cleanliness of the machines and all the Club's equipment. The Visitors are required to place their towel on the equipment while in use so that there is no direct body contact with the equipment. After use, the Visitors are required to return the machines, weights, discs and other equipment used to the clean condition in which they found it, using their own towel or disinfection spray and paper towels available at the Club.
5. The Visitors should only use one facility/equipment at a time to avoid waiting times and restrictions on other Visitors.
6. In case of high attendance of the cardio and fitness machines zone, the responsible instructor of the Operator may set a time limit for the use of individual machines and restrict access to the Club.
7. The Members must follow the regulations and training plan set by their instructor.
8. Persons who do not have a contractual relationship with the Operator are not allowed to provide any services on the premises of the Club, especially personal trainer or instructor services.
9. It is forbidden to use mobile phones in the cardio and fitness machines zone in a way that disturbs other Visitors. If the Visitors take pictures, videos, sounds and other recordings in the Club, they are obliged to act in such a way that they do not disturb or infringe the rights of other Visitors. Recordings made in the Club for commercial use may only be used with a prior written consent of the Operator.

5. Group lessons

1. The Members must pre-book group classes through the Element app or at the Club's activity kiosk.
2. The Club may set a maximum number of participants for group classes, either through the activity access control process or by the instructor.
3. If the lesson involves the use of equipment, the Visitor is obliged to use this equipment according to its purpose in order to avoid damage and to clean it after use and put it back in place.
4. The Visitors are required to use their own clean towels in the group lesson room to ensure the cleanliness of the room and all the Club's equipment. The Visitors are required to place the towel on the equipment while in use so that there is no direct body contact with the equipment. After use, the Visitors are required to clean it and to return it to a designated place, using their own towel or disinfection spray and paper towels available at the Club.
5. The Club reserves the right to change the schedule of a group lessons without prior notice.
6. The Visitors are obliged to respect the start time of group lessons and the Club or the instructor reserves the right to refuse entry to a group lesson if a member is late.
7. At the end of the lesson, the Members must remove all their belongings from the area.
8. It is forbidden to use mobile phones in the premises of the room for group lessons in a way disturbing other Visitors. The Visitors are not allowed to take pictures, videos, sounds or other recordings of group lessons without prior permission of the Club or the instructor.
9. Before, during and after the group lesson, the Visitors are obliged to follow the instructor's instructions.

6. Clothing

1. Entry to the cardio and fitness machines and group class rooms is allowed only in sports clothing and clean sports shoes.
2. Clothing and footwear must be clean and suitable for the indoor physical exercise being performed. In case of doubts, the Visitors shall contact the instructor responsible for the activity.

7. Behaviour

1. The Visitors are required to be courteous to other members, staff and other Visitors and to respect their property and belongings.

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2. No offensive, abusive or aggressive language is permitted in the Club, nor is any behaviour that disrupts the well-being or activities of other users or the normal operation of the Club.
3. The Members who are or appear to be under the influence of alcohol or drugs will not be allowed to join the Club.
4. There must always be mutual respect between the Visitors and the Club staff.
5. Smoking is prohibited in all areas of the Club.

8. Health and safety

1. For health and safety reasons, members must comply with the following rules:
 - When using the facilities and equipment of the Club, the Visitors must act in such a way as not to endanger or damage their safety, health and hygiene, or the safety of other persons using the same premises.
 - Before using any of the Club facilities, the Visitors must read the posted rules, which must be strictly adhered to.
 - Shaving is not allowed in any area of the Club.
 - No food or beverages in glass containers are allowed in the cardio and weight machines zone or group lesson rooms.
 - For hygiene reasons, bathing shoes must be worn in the shower areas, entering the changing rooms is only allowed after drying off.
 - In the event of an emergency and evacuation, the Visitors are required to consult the emergency plans and follow the instructions of the staff present.

9. Lockers and lost property

1. The Club provides lockers to the Visitors free of charge, but they must use their own padlocks.
2. The Visitors are prohibited from bringing jewellery, money and other valuables into the Club and depositing them in the lockers provided.
3. It is not allowed to leave things in the lockers after the end of the Club's opening hours, the Visitor is obliged to leave the locker unlocked and cleared when leaving the Club. Otherwise, the Operator will be entitled to break the padlock and the items will be removed from the locker and stored by the Operator for 3 days and then disposed of.
4. Only lockers that are not locked for safety reasons may be used.
5. The Operator is not responsible or liable for jewellery, money and other valuables or other things whose value exceeds CZK 1,000, - stored in the lockers. The Operator is not responsible for the loss of personal belongings left in the Club premises outside the designated areas.

10. General conditions

1. Pets are not allowed in the Club, with the exception of guide dogs.
2. The Visitors must finish their activities in the club at least 15 minutes before the end of opening hours and leave the premises in time for closing time.
3. The Operator reserves the right to set and change services, activities, schedules, terms, conditions, monitoring, prices and regulations, including these Operating Rules, at any time. Such changes shall not affect the duration of the Contract and the Membership.
4. The Club reserves the right to require payment in advance for services or room rental that require an appointment in advance. Full payment is required prior to use.
5. The Members are obliged to inform the Club without undue delay in the dedicated section of the website or by e-mail of any changes to their address, telephone number, e-mail address or other contact details they have provided.
6. Children aged 14 to 15 are only allowed in the Club if accompanied by parent or adult.
7. Entry to the Club will be refused to a person who refuses to pay for intended services, is unsuitable, , causes a disturbance or commits violence, or breaches the pre-determined and agreed terms and conditions.
8. The Club reserves the right to ask the Visitors to leave the Club if they fail to comply with the provisions of these Operating Rules and such failure may be grounds for termination of the Contract.
9. Special promotional terms and conditions apply only for duration of the promotion.

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10. Administrative costs

Failure to comply with the rules set out in these Operation Rules, the Contract or as set out by the Club can be charged by the Club as follows:

In the event that the Contract has been immediately terminated by the Member within the meaning of point 4. a. of article IV. of the GTC, the Member will be charged an administrative fee of CZK 1,300 at the next conclusion of the Contract and may be required by the Operator to pay the amount due under the previously terminated Contract, including all accessories.

The Operator would like to thank to all the Members and the Visitors for adhering to these rules in order to maintain good service and a pleasant atmosphere in the Club.