



# House Rules

il fiore healthcenters

Together we can ensure that our sports centre remains safe, beautiful and clean. In addition, we collectively create the atmosphere within the centre. In this context, we have made house rules that we all have to respect.

## General

- Always keep in mind with the neighbours both, inside and outside the il fiore healthcenters location, especially between 22:00 and 08:00 hours.
- Everyone in our sports centre is under camera surveillance. These images are stored to perform checks.
- The club key is owned by you as a member and can only be used by you as a member to gain access to the center.
- Make sure that you check in at all times when you enter and that no one enters with you without checking in. You will be asked about this and your club key will be blocked if necessary.
- We expect everyone to respect the general standards of decency towards each other and the il fiore healthcenters team. This means that people treat each other with respect and do not harass each other.
- If you have any comments or ideas to improve our service, we would appreciate it if you would let us know. This can be communicated to us either in person or in writing (e-mail).
- It is important that, even when the gate is open, you check in with your club key so that we know who is present in case of calamities.
- Introducers are required to visit the club at all times by appointment.
- Speak in the appropriate language and at a normal volume throughout the fitness centre.
- Only use your cell phone in the lounge. Respect the peace and quiet in this room.

## Training zones

- Follow all instructions of the il fiore healthcenters team.
- Use the training equipment and attributes carefully and in line with the purpose and instruction.
- Use the free-weight materials only on the free-weight floor (also the benches). This because of possible damage to the other floors.
- Replace weights and other training materials after use.
- Do not drop discs and / or dumbbells or place against / on coated or sprayed parts of the training equipment. This is to prevent damage.
- Do not occupy workout equipment longer than necessary. Do not use more than one device at a time to avoid other people waiting.
- In busy times, keep one cardio unit occupied for a maximum of half an hour. When training alone, use safety tools on the equipment.

## Hygiene and cleaning

- Ensure good physical hygiene.
- The use of a towel to cover covered parts of the ( strength ) equipment is mandatory.
- After using the equipment, clean it with your towel and/or the disinfectant and paper provided. If necessary, clean the floor around (cardio) equipment and spinning bikes.

## Printing

- The lounge should be left clean and tidy after use.
- Do not stick chewing gum on or under chairs or devices, but deposit it in the waste bins.

## Defects or damage

- The management is not responsible for loss, theft or accidents in and around the fitness centre.
- If you notice any defects or something has accidentally broken, please inform the il fiore healthcenters team. We will take care of replacement or reparation as soon as possible. In case of deliberate damage or destruction you will be denied further access to the centre!
- Damage caused by the actions of a member to the equipment or the property will be recovered by reason of legal liability.
- Use of the fitness centre and participation in training sessions takes place on your own responsibility.

## Smoking, eating and drinking

- Smoking is not allowed inside the centre.
- Food may only be consumed in the lounge.
- Only lockable drinking cups (bottles) are allowed in the training zones.
- It is not allowed to train under the influence of alcohol, drugs or other prohibited substances and/or use them within the centre.

## Parking

- Park your bike, scooter or moped in an orderly way at the designated location.
- You may only park your car on the site with the il fiore parking pass.

In case of a (repeated) violation or abuse of the safety equipment, you will be denied further access to the centre without refund of the membership fee!

Partly already included in the il fiore healthcenters membership conditions. il fiore healthcenters reserves the right to change house rules.