

**Gym regulations for residents of student dormitories and employees of Adam Mickiewicz University in Poznań**

**§1. General provisions**

1. These regulations (hereinafter referred to as the "Regulations") define the rules for using the gyms located in the student dormitories of Adam Mickiewicz University in Poznań (hereinafter referred to as the "AMU").
2. The gym in a given student residence hall is available only to its residents who have a valid accommodation contract in the student residence and to AMU employees.
3. Use of the gym is at the user's own risk and without the supervision of a gym instructor or AMU employee.
4. UAM is not responsible for any injuries, contusions or damages resulting when using the gym.

**§2. Rules for using the gym**

1. The gym is open during the hours indicated by the student residence administration.
2. The User is obliged to:
  - 1) read the Regulations before starting exercising,
  - 2) use the equipment according with its intended purpose and in a safe manner,
  - 3) have appropriate sportswear and footwear,
  - 4) maintaining cleanliness and keep everything in order,
  - 5) using a towel during exercising and disinfect equipment after use.
3. It is prohibited to:
  - 1) being in the gym under the influence of alcohol, narcotics or drugs that impair performance,
  - 2) using the equipment in a way that endangers one's own health or the health of other users,
  - 3) bringing glass bottles and food inside the gym,
  - 4) leaving personal belongings unattended (AMU is not responsible for lost or stolen items),
  - 5) bringing people in who are not residents of the student residence.

**§3. Safety and responsibility**

1. Each user uses the gym at their own risk, being aware of the possible dangers resulting from physical activity.
2. Before starting to exercise, the user should ensure that their health allows them to use the gym safely.
3. If you notice an equipment failure or a situation that poses a threat to safety, you must immediately report this fact to the student residence hall administration.
4. The user is liable for any damage caused on the gym premises due to the user's fault (including damage to equipment) in accordance with general principles.
5. In the event of an accident or life-threatening situation, immediately call the appropriate emergency services (number 112).

**§4. Final provisions**

1. Use of the gym constitutes acceptance of the Regulations.
2. AMU reserves the right to change the Regulations at any time and to temporarily close the gym for organizational, technical or sanitary reasons.
3. Failure to comply with the regulations may result in the withdrawal of the right to use the gym.

Attachment: User declaration on using the gym at one's own risk, available at the reception of the student residence.