

COMFORT RULES



AT HEALTH CENTER GRÖNDAL WE RESPECT EACH OTHER AND EACH OTHER'S TRAINING

- Together, we help to make sure that the facility is in a good condition
- Age limit is 16 years in the gym and to participate in group training
- Physiotherapists, personal trainers and instructors have priority to the gym machines as they have time-booked customers
- It is not allowed to move training machines from the gym to the Blåa Hallen
- Pre-booked activities in the Blåa Hallen have priority. Do not disturb and please show consideration
- We train in indoor shoes
- We always offer to share the gym machine / gear
- We dry off gym machines and training gear immediately after use and return weights and gear after use
- We put personal belongings in the storage lockers
- We have mobiles on silent mode
- The sound level from music and TV is regulated to a predetermined level for everyone's comfort
- For everyone's well-being, we have a normal conversation level
- Everyone should wear appropriate clothing during training

In case of misconduct about any of the rules above, measures regarding access to the facility may be taken. All participation / utilization of Health Center Gröndal's machines and activities is at your own risk. The participant is responsible for having adequate insurance for, for example, accidents, personal loss or damage to property. Gröndal's staff will be happy to help you if you have questions or comments about the information above.

Prohibition of all forms of use and management of doping preparations. Random controls may occur.

SERVICE MANAGEMENT

**HÄLSOCENTER
GRÖNDAL**