

FITNESS CLUB FORUM SPA & WELLNESS REGULATIONS

I. GENERAL PROVISIONS

1. Fitness Club Forum Spa & Wellness Regulations serves for maintaining safety, comfort of the Guests and order along with the cleanliness at the building. It defines rules and mode of using the Spa zone and Wellness zone.
2. The building consists of: relaxation zone with hydro massage baths, saunas and graduation tower, fitness zone and treatment zone.
3. All individuals using the offer of the Fitness Club Forum Spa & Wellness are obliged to become acquainted with the Regulations and to a complete compliance with the provisions of the Regulations and binding instructions in the building.
4. Individuals who are on the territory of Fitness Club Forum Spa & Wellness and who violate public order, good manners or pose a threat for themselves or others, as well as who do not comply with the Regulations, instructions and dispositions or instructions of the Fitness Club Forum Spa & Wellness employees may be removed from the building without the right of returning entrance ticket or carnet cost.
5. Fitness Club Forum Spa & Wellness is opened during the hours and days determined in the offer available at the Reception Desk of Spa & Wellness and at the following website <http://www.hotelforumlublin.pl/hotel>
6. In case of organized group being our customer the group's guardian/organizer is responsible for acquaintance of the group members with the Regulations and instructions. Guardian/organizer bears responsibility for the results of the behavior of group members.
7. Fitness Club Forum Spa & Wellness is available for Guests of Hotel Forum *** and for other individuals in accordance with the provided fees.
8. Guardian of the disable person is entitled to a free entrance upon presenting appropriate document proving the need of permanent care.
9. The entrance ticket to Fitness Spa & Wellness Zone Special is a special wristband in the form of watch. It serves to open the locker. Each wristband is assigned to a particular locker.
10. On the area of Fitness Spa & Wellness there is a strict prohibition of:
 - smoking,
 - bringing, consuming, selling and serving alcohol beverages, drugs and other intoxicating or psychotropic agents,
 - keeping animals,
 - bringing food or beverages (including alcohol ones) and consuming meals or beverages (including alcohol ones) outside the places designated for that purpose,
 - damaging the equipment.
11. Fitness Spa & Wellness zone shall not be used by the individuals: under alcohol influence, suffering from skin condition, with open wounds, with signs of often infections of upper limbs, with lack of personal hygiene, with visible respiratory difficulties, with balance disorders, with aggressive behavior.
12. All items that were found shall be turn over to the employees of Fitness Club Forum Spa & Wellnes. Hotel Forum *** Fitness Spa & Wellness will proceed with these items according to proper provisions.
13. For your own comfort we request not to use cell phones and for hushed conversations.
14. Fitness Club Forum Spa & Wellness is not responsible for any incidents which occur as a result of not complying with the law and internal Regulations binding on the territory of the building.

II. SAFETY RULES

1. While using Fitness Spa & Wellness zone you are obliged to comply with the Regulations, instructions, signs and obey orders of the staff.
2. In the wellness zone a swimsuit and flip-flops shall be worn.
3. On the area of Fitness Spa & Wellness it is prohibited to undertake activities that threaten the maintenance of safety, peace and order. Especially:
 - bringing in any hazardous items: glass packages, pressure containers (including deodorants, hair sprays, etc), knives and other sharp items – such items shall be kept in the locker,
 - jumping off the parts of building constructions,
 - handling the technical equipment.
4. All injuries, cuts and irregularities or threats that were noticed shall be immediately reported to the closest employee of the Fitness Club Forum Spa & Wellness.
5. In case of feeling unwell while being on the area of the building, the following fact shall be immediately report to the staff or the emergency button shall be pressed.

III. LIABILITY

1. Please do not bring valuable items in the Fitness Club Forum Spa & Wellness area. It is possible to leave it in safe deposit box located in ones room. Items that are prone to damage (cell phones, watches, etc.) shall be left in the lockers.
2. Fitness Club Forum Spa & Wellness is not responsible for lost or stolen items.
3. Each user bears responsibility for every damage which occurred as a result of an inappropriate use of the equipment located in the Fitness Club Forum Spa & Wellness area.
4. Parents, legal guardians and group organizers bear responsibility for individuals being under their care and for damages caused by them.
5. Fitness Club Forum Spa & Wellness does not bear responsibility for accidents caused by not compliance with the present Regulations and indications of its employees.
6. Individuals violating the order or the present Regulations will be removed from the building without the right of returning previously paid fees.
7. For the lost wristband one is obliged to pay an additional fee in the amount of 50 PLN.
8. For the lost bathrobe or towel one is obliged to pay an additional fee in the amount of 120 PLN and 60 PLN accordingly.
9. For the lost key one is obliged to pay an additional fee in the amount of 10 PLN.

IV. THE USE OF WELLNESS ZONE

1. In the wellness zone one is obliged to wear a swimsuit (one piece or two piece for women and swimming trunks without pockets for men). Swimming cap is not necessary.
2. Before using the wellness zone one must take a shower and undergo a feet disinfection. The disinfection appliance is located near the entrance to the wellness zone.
3. For safety reasons it is strictly forbidden to: jump into the water, push or throw other individuals to baths with hydro massage, pollute water in baths.
4. While using saunas please read the information and instructions placed in front of each room. Do not hesitate to request the staff for additional information.
5. Dry sauna is designed for adults only.
6. While using sauna you shall be naked and covered with towel.
7. Sauna baths are only for the use of healthy individuals. Sauna baths should not be used by individuals with: increased body temperature, infectious skin diseases, viral (the flu) or bacterial infections, acute inflammation of internal organs (heart diseases, blood vessels, arterial hypertension, during the three first months after having a stroke, heart attack

- condition), tuberculosis, cancer, epilepsy, heavy autonomic disorders of central nervous system as well as pregnant woman, small children and woman during menstruation.
8. While entering saunas the individual confirms that his health condition allows for the use of that particular bath.
 9. Baths with hydro massage are designed only for adults. Individuals under the age of 18 may use these bath only while being under the care of adults.
 10. Baths are only for the use of healthy individuals.
 11. While entering the bath the individual confirms that his health condition allows for the use of that particular bath.

V. THE USE OF FITNESS ZONE

1. Individuals take a complete responsibility for using the training devices.
2. The individual that exercises should use the equipment according to staff indications and information placed on the particular spots.
3. In the area designed for the trainings a changeable sports footwear with a white and clean sole must be worn, together with a spots outfit. Individuals without a changed footwear will be requested to leave the zone without a right of returning the money paid.
4. A customer has a duty to possess a personal towel in order to put it on training devices in the gym and on mats while being on fitness classes.
5. In the cardio zone the customer should disinfect the equipment on which he was training.
6. In case of noticing any defect of the equipment it should be immediately reported to the staff or Reception employee.
7. In case of any damage or destruction of the equipment caused by the use inconsistent with the instruction there is a liability in the amount of 100% of the damage value.
8. After having finished the training on a particular device it should be put aside in its place.
9. All club members interested in participating in classes are obliged to undergo the previous enrollment in the selected classes.
10. In cases of failing to participate in the classes one have previously enrolled in, the reservation shall be cancelled no later than a day before the classes.
11. In case of individuals possessing a carnet Fitness Open not cancelling a reservation for three times results in carnet suspension for the period of 14 days.
12. A minimum number of individuals participating in classes amounts to 4.
13. In case of having no one enrolled in the classes or not reaching the minimum number of 4 the classes are not conducted – individuals concerned are informed about that fact.
14. There is established a maximum number of individuals for particular form of classes.
15. Individuals enrolled in the classes prevail over those who did not enroll in.
16. In case of reaching the maximum number of individuals enrolled in particular classes – there is formed a reserve list. When an enrolled participants cancels his reservation, an individual that is the first in the order of the reserve list takes his place – about what he is previously informed.
17. The club reserves the right to change the schedule of fitness classes.
18. Individuals possessing the Students Time carnet after exceeding the agreed number of hours are obliged to pay the fee for a single entrance on the gym.

VI. THE USE OF TREATMENT ZONE

1. In the spa zone there are conducted treatments and massages of relaxation and cosmetic character.
2. Contraindications for the treatments: menstruation (excluding facial treatments), skin lesions (scattered or purulent), cancers (oncological lymphatic massage), bleedings, hemorrhage or possibility of its occurrence, hemophilia, vascular defect, hypertension, atherosclerosis, all

inflammations as well as bacterial, viral and parasitical diseases.

3. Treatments for pregnant women are conducted after presenting medical certificate affirming the lack of contraindications for treatments in the second trimester of pregnancy.
4. We do not recommend consuming large meals right before the body massages and treatments.
5. We request to be 10 minutes before the treatment. This is the time for undressing and the talk with the therapist.
6. Before conducting the treatment there is a short consultation that is supposed to identify possible contraindications and recommend an optimal treatment according to the customer's health and needs.
7. In case of inappropriate behavior during the treatment the therapist is entitled to interrupt the treatment. The treatment will be considered as carried out.
8. In case of resigning from the treatment we request to cancel the reservation with a 24 hours advance. Resignation on a later date or its lack results in charging a full price of the treatment.
9. Not using the treatment that is included in a package, carnet or voucher does not result in any discount or money return.