

Agreement and access card/tag

For membership, a signed agreement and access card are required. Each entry must be registered in the doorreader. Lending of access cards and admission of people to the gym is not permitted. Violation of this clause results in suspension with immediate effect. Amount paid is not refundable. Lost pass cards must be reported immediately. Replacement cards can be purchased at a fixed cost.

Personal data management

Personal data is stored in accordance with the General Data Protection Regulation (GDPR). For information about Hälsolänken AB's personal data processing, go to www.halsolan.se and take part in our Dataprotection Policy

Introduction

When you buy a training card, free introduction and participation in CPR training is included.

Age limit

Training is permitted from the year you turn 15. If you are under 18, the guardian's signature is required on the agreement and training introduction is mandatory.

One-time training

Offered at a one-time cost during reception time. Outside reception hours, the purchase of a pass is also required. In both cases, contact staff.

Accident

Hälsolänken AB is not responsible for damage to training or other visitors' belongings, caused by themselves or other training or visitors. Hälsolänken AB therefore recommends members and others to review their accident and home insurance.

Competing business

A member may not conduct competing or own activities in our premises. This leads to suspension and possible legal sanctions.

Force majeure

Hälsolänken AB is not responsible for obstacles in or limitation of training opportunities that are caused by circumstances beyond Hälsolänken AB's control and which could not reasonably have been foreseen and avoided, such as fire, water or other major damage to the fitness center, strike, lockout, natural disaster or government decision.

Belongings

Hälsolänken AB is not responsible for losses due to theft or burglary. The lockers for clothes and safekeeping that Hälsolänken provides may only be used during the time that the training is carried out. Cabinets that are locked after closing may be opened. The content is saved for two months and then discarded, or at a higher value, handed over to the police.

Vehicle parking

Parking spaces with engine heater outlets are rented, gym customers are referred to other spaces.

Security

All safety aids must be used during training. Examples of safety aids are the emergency stop on the treadmill. The gym is equipped with an AED defibrillator in an alarm cabinet. Contact staff for information on how to use it. Training instructions with a review of programs, safety and policy are offered to all trainees. Emergency exits must not be blocked for everyone's safety.

Abuse

Hälsolänken AB distances itself from all abuse, sale and transfer of doping-classified preparations in accordance with the Doping Act (SFS 1991: 1969).

Alcohol consumption in our premises and exercising under the influence of alcohol or other substances is prohibited! Use, suspected use or handling of

prohibited preparations leads to immediate suspension from our premises.

Suspension due to prohibited preparations means that social authorities and / or the police will be contacted. If the individual is a minor, a guardian is also contacted. The suspension can be revoked by a negative doping test. Such sampling and any overheads are paid for by the suspended individual.

Training regulations

The premises are intended for training-related activities. It is the member's responsibility to follow the current well-being rules. Behavior that disturbs or is perceived as inappropriate by other members or staff is not tolerated. Suspension may occur unless immediate correction is made.

In the gym, photo and video recording bans apply! Damage will be reported to the police!

WELL-BEING RULES

It is the responsibility of all trainees to:

Replace weights and other exercise equipment after use.

Clean equipment after use.

Handle weights and equipment carefully and do not drop heavy weights on the floor.

Use clean shoes for indoor use in the gym.

Respect the shoe boundary adjacent to the cloakroom and store shoes in the intended place.

Think of allergy sufferers and avoid perfume, hair spray and other fragrant products in the changing rooms.

I accept Hälsolänken's membership terms, see page 1.

Social security number:

Name, surname:

Address:

Postal address, ort:

Phone:

E-mail:

Date and signature

Date and signature by the guardian
