Rules of Membership Pulsen Gym

General rules
Pulsen Gym upholds the equality of every person and has zero tolerance for actions that can be perceived as offensive or degrading to other members or the staff. Our members must always show each other and our staff consideration and respect, and are expected to behave in a way that does not disturb other members or staff. If a member behaves in a disruptive manner or does not follow the rules and instructions, Pulsen Gym retains the right to suspend the customer without refund.

Everyone that trains here must have a valid membership and every entry to the gym must be registered. A lost entry tag must be reported immediately.

Loaning out of entry tags and letting other people into the training room is not permitted. Violation of this will result in a fine and suspension until the fine is paid. The fine is nonrefundable.

Valid membership checks are performed regularly.

Pulsen Gym is not responsible for hindrances to, or limitation of, training opportunities, caused by circumstances beyond Pulsen Gym's control and which could not reasonably have been foreseen or avoided.

Members may not conduct their own commercial activities n our premises. This will lead to suspension and possible legal sanctions.

Smoking, alcohol, and drugs are prohibited in the building.

Use, suspected use or handling of prohibited substances will lead to immediate removal from our premises.

Pulsen Gym is not responsible for valuables or personal belongings. The storage lockers are to be used only during training time. Lockers that are locked after closing time may be accessed by Pulsen Gym's staff.

Safety and Security
All training and use of the facility is at your own risk. Pulsen Gym is not responsible for damage to those training, nor their belongings, caused either by themselves or other people.

Training is allowed from the year you turn 15. Members younger than 18 are required to undertake a training introduction and provide a guardian's signature on the membership agreement. **Children under the age of 15 are not allowed on the premises!**

To increase security and prevent damages there are surveillance cameras in the entrances to the gyms.

Additional Rules
Always wear clean workout clothes. It is forbidden to train shirtless or in socks/barefoot for hygienic reasons.

Respect the boundary for outdoor shoes and store shoes in the designated place. ALWAYS use clean indoor shoes. Clothes cannot be stored in the gym between sessions.

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

Those training must always put away equipment and weights after use and wipe the equipment using the cleaning agents and paper available at the gym.

Photography/filming is not permitted in the gym.

☐ **I accept Pulsen Gym's membership rules**

Social Security Number

Name (state clearly in block capitals)

Full postal address (including postcode)

Phone

Email

Date

Signature

Date (Guardian)

Name (Guardian - state clearly in block capitals)

Phone (Guardian)

Signature (Guardian)