

Gym Latvija Sports Club Rules

1. These Rules must be observed by all Clients and all other individuals who visit the Sports Club and use its services.
2. Video surveillance has been installed in the Sports Club for security purposes.
3. The Sports Club may only be visited and used by Clients who are at least 15 years old. Persons under 15 are not allowed to visit the Sports Club or use its services. Before visiting the Sports Club, the parents or guardians of the Client must familiarise themselves with these Sports Club Rules, and explain these Rules to the child; they must also ensure that the child is supervised.
4. The Sports Club will not take any responsibility for injuries and accidents that take place in violation of these rules, or actions/omissions of the Client, the Client's parents or guardians.
5. All Clients and all other individuals who visit the Sports Club and use its services must maintain cleanliness, good order and a polite attitude. Visitors of the Sports Club must ensure that their activities do not disturb or harm others.
6. Clients must be careful using the equipment of the Sports Club, and must mind the safety of others. Clients are strictly prohibited from dropping equipment onto the floor, because this can damage both the premises and the equipment.
7. Clients must return the equipment to its intended location after using it. Exercise machines and other equipment must be cleaned with a specially provided sanitiser after use.
8. All Clients must wear clothes and shoes intended for athletic activities, for reasons of safety and hygiene. A change of shoes is a mandatory provision. For safety reasons, it is prohibited to wear sandals or other open footwear, or to be barefoot at the Sports Club. Wearing rubber slippers is recommended in shower rooms.
9. Using a towel is recommended during exercise.
10. The Client is solely responsible for the exercise they engage in at the Sports Club. In the event of health problems, the Sports Club recommends consulting your physician before beginning exercise.
11. The Client is prohibited from visiting the Sports Club if the Client feels or is ill, including (without limitation) symptoms of COVID-19, and including fever, cough, runny nose and/or other symptoms.
12. The Client is required to be responsible for their own health and towards the health of other Clients.
13. Services at the Sports Club may only be provided by individuals who are allowed to do so by Gym Latvija. Clients are prohibited from providing services at Sports Club (including, without limitation, private coach/consulting/exercise services) to third parties (including other Clients) without a written permission by Gym Latvija.
14. Gym Latvija does not provide private coach services to its Clients. Private coaches permitted to operate as such by Gym Latvija and its Clients will agree on the conditions of the private coach services (including their scope, cost, hour and duration) on their own. The Client will pay the private coach for any private coach services provided. Gym Latvija is not responsible for the services provided by private coaches and the quality of such services, including (without limitation) any recommendations, advice, possible health risks, as well as any cancellation or postponement of coach appointments.
15. The access code/rights for the Sports Club are issued to specific individuals who are prohibited from transferring these access credentials to third parties. It is prohibited to hand one's access code/rights for the Sports Club over to other individuals, or to let multiple individuals into the Sports Club using

the access code/rights of one person. If this provision is violated, the staff of Gym Latvija are entitled to ask the Client to leave the premises of the Sports Club, to impose a contractual fine of EUR 57 on the Client, to void the Client's access code, to unilaterally terminate their Agreement, and to permanently bar the Client from the Sports Club. In such cases, the Client will not be refunded for any Services paid. Gym Latvija is entitled to claim compensation for losses caused by such incidents from the Client.

16. The changing room lockers may be locked with a padlock. The Clients may bring their own padlock, or buy one from the vending machine at the Sports Club entrance.
17. The lockers are only intended to be used when visiting the Sports Club. It is prohibited to leave personal effects in the lockers when not visiting the Sports Club. It is prohibited to use the lockers for storing property.
18. Clients must leave their lockers open after visiting the Sports Club. Gym Latvija is entitled to open any locker left shut after the corresponding Client's visit to the Sports Club, to remove the Client's property from the locker and to dispose of the property without the Client's consent.
19. Gym Latvija is not responsible for any personal effects of its Clients stored in the lockers.
20. It is strictly prohibited to smoke or consume alcohol and other intoxicants at the Sports Club; it is also prohibited to enter and be on the premises of the Sports Club under the influence of alcohol or other intoxicants.
21. Consuming performance-enhancing drugs is prohibited in the Sports Club.
22. Consuming food is prohibited in the Sports Club.
23. Shaving, tinting hair, drying clothes and other disruptive activities at the Sports Club are prohibited.
24. If a Client is found to have committed theft in the Sports Club, that Client will be permanently barred from the Sports Club, without refunding any services paid. Gym Latvija is entitled to claim compensation for losses caused by the theft from the Client.
25. If these rules are violated, or in the event of rude or inappropriate behaviour, the staff of Gym Latvija are entitled to ask the Client to leave the premises of the Sports Club, to impose a contractual fine of EUR 57 on the Client, to void the Client's access code/rights temporarily/permanently, or to unilaterally terminate their Agreement, and to permanently bar the Client from the Sports Club. In such cases, the Client will not be refunded for any Services paid. Gym Latvija is entitled to claim compensation for losses caused by such incidents from the Client.
26. In accordance with applicable laws and regulations, it is prohibited to produce excess noise between 23:00 and 7:00.
27. Without a prior agreement with Gym Latvija and without receiving a written permission, it is forbidden to make commercial recordings, photography, or any other activities (advertising, campaigning, etc.).
28. It is forbidden to unreasonably open the evacuation exits in the club premises when an emergency has not been announced. Each exit is equipped with a security system and video surveillance. A fine of 57 EUR is applicable for unjustified opening and departure of the operative service.