

## JÕULUMÄE GYM USER GUIDELINES

The gym at Jõulumäe Recreational Sports Centre (hereinafter "the centre") is open daily from 07:00 to 22:00, except during pre-booked events.

The gym is available to both training groups and individual users. Groups may reserve time slots in advance. All users must register at the reception upon arrival. During booked events, access to the gym is restricted to standard ticket and membership card holders.

Users under the age of 18 may enter the gym only when accompanied by a responsible adult aged 21 or older. With written consent from a legal guardian, minors may use the gym without supervision. Children accompanying adults must not be left unattended.

The gym area is under video surveillance.

Please review and follow these rules before and during your visit. For training groups, the coach is responsible for introducing the rules and ensuring compliance.

Treat others with kindness and respect. Do not disturb fellow gym users. Share equipment and follow general gym etiquette.

Wear clean indoor sports shoes. Use a personal towel or the provided paper towels to wipe down equipment after use. Return all equipment to its proper place after training.

Take care of the gym and its equipment. Users are responsible for compensating any damage or loss caused intentionally. Report any damage, defects, unauthorized persons, or issues to +372 526 4996 or [info@joulumae.ee](mailto:info@joulumae.ee). Users are responsible for their personal belongings and any rented equipment.

Each user is responsible for their own safety and health while exercising. Follow all safety guidelines, choose appropriate weights and intensity, and always use collars on barbells.

The centre is not liable for injuries, health issues, or any resulting damage. In case of an accident, notify staff and call emergency services at 112.

The use of tobacco products (including e-cigarettes, snus, etc.), alcohol, and drugs is strictly prohibited. Food and colored sugary drinks are not allowed (only water and sports drinks in resealable bottles are permitted).

Pets are not allowed in the gym.

By entering or booking the gym, you agree to these rules. In case of violations, staff have the right to restrict or terminate access to the gym.

## **GYM USAGE FEES**

Standard ticket and membership fees are determined by the foundation's management board.

A gym ticket grants access for one training session during open hours, except during pre-booked events.

Membership cards are valid for up to one year and specify the paid usage period, during which access is unlimited. Payment can be made for a 30-day period at a time.

The membership card is personal and valid only with an accompanying ID. Without the card, a single-visit ticket fee applies. In case of loss or replacement, a card reissue fee must be paid.

User registration data is collected and stored solely for gym usage purposes.

Guests staying in the accommodation facilities may use the gym free of charge during their stay (this does not apply to campers and caravan users).

Enjoy your workout at Jõulumäe's gym!