

**REGULATIONS
for the use of fitness centers in student halls
Adam Mickiewicz University, Poznań**

**§ 1.
General Provisions**

1. These regulations (hereinafter: the "Regulations") set forth the rules for using the fitness centers located in the student dormitories of Adam Mickiewicz University, Poznań (hereinafter: "AMU").
2. The fitness centers may be used by:
 - 1) AMU students holding a valid student ID card;
 - 2) AMU doctoral students holding a valid doctoral student ID card;
 - 3) AMU employees;
 - 4) persons utilizing long-term or short-term accommodation in AMU student dormitories, including guests using guest rooms, excluding persons not affiliated with AMU or the European University Viadrina in Frankfurt (Oder) residing within the student housing estate in Ślubice.
3. Persons referred to in paragraph 2, point 4, may use the gym exclusively during the period of their accommodation.
4. Use of the gym is at the user's own risk and without the supervision of an instructor or UAM employee.
5. UAM shall not be held liable for any injuries, wounds, or damages arising in connection with the use of the gym.
6. Whenever the Regulations refer to the "student dormitory manager," this shall also appropriately include the "student housing estate manager."

**§ 2.
Gymnasium Rules and**

1. The gym is open during the hours established by the dormitory manager.
2. The dormitory manager may determine the maximum number of persons permitted to be in the gym simultaneously.
3. The gym user is obliged to:
 - 1) familiarization with the Regulations prior to commencing use of the gym;
 - 2) submission, prior to commencing use of the gym, of a statement regarding the use of the gym at one's own risk, in accordance with the template specified in the Annex to the Regulations;
 - 3) use of equipment in accordance with its intended purpose and safety rules;
 - 4) wearing appropriate sportswear and changing footwear;
 - 5) maintaining cleanliness and order;
 - 6) returning equipment to the designated place after completing exercises;
 - 7) using a towel during exercises;
 - 8) disinfecting the equipment used after completing exercises (before using the disinfectant, one must read the label on the disinfectant packaging);
 - 9) reporting the intention to use the gym at the reception desk or the student dormitory porter's desk.
4. The following are prohibited within the gym premises:

- 1) being under the influence of alcohol, narcotics, or substances that impair psychophysical performance;
 - 2) using equipment in a manner that endangers the health or life of the user or other persons;
 - 3) bringing in glass containers and consuming meals;
 - 4) leaving personal belongings unattended;
 - 5) the provision of equipment to unauthorized persons.
5. UAM shall not be held liable for items left, lost, or stolen on the gym premises.

§ 3. Safety and liability

- 1) Each user uses the gym at their own risk, being aware of the hazards resulting from physical activity.
- 2) In the event of noticing equipment failure or a situation that may pose a threat to user safety, the student dormitory administration must be notified immediately.
- 3) The user shall be liable for damages caused by their fault on the gym premises, particularly for damage to equipment or furnishings.
- 4) In the event of an accident or a life-threatening situation, the appropriate emergency services must be called immediately by dialing the emergency number 112.

§ 4. Reservation Rules

1. Use of the gym may require prior reservation, in accordance with the rules established by the dormitory manager.
2. Reservations shall be made in the manner specified by the dormitory manager, specifically via an electronic system or at the dormitory reception/porter's desk.
3. The reservation covers a specific time slot and shall expire if the user fails to appear within 10 minutes of the scheduled reservation time.
4. The user is obligated to cancel the reservation in the event of declining to use the gym at the selected time.
5. The dormitory manager may introduce restrictions regarding the number of active reservations, particularly for the purpose of establishing a maximum number of persons simultaneously present in the gym.

§ 5. Identification Rules

1. Students, doctoral students, and employees of UAM, as well as persons utilizing accommodation in student dormitories, are subject to an identification requirement prior to using the gym.
2. Before entering the gym, these persons are required to report to the porter's lodge or the reception desk of the student dormitory.
3. The conditions for using the gym are:
 - 1) presentation of an identity document or an identifier issued upon accommodation;

- 2) confirmation of the current accommodation period - in the case of persons utilizing accommodation in student halls.
4. Each entry to the gym is subject to registration by a porter or reception staff member of the student hall.
5. The identification card of the person referred to in paragraph 3, point 2, is individual in nature, is valid only during the period of stay, and may not be shared with third parties.
6. In the event of an inability to verify identity or a violation of the provisions of the Regulations, the porter, reception, or student hall administration staff may refuse entry to the gym.
7. Violation of identification rules may result in the revocation of the right to use the gym.

§ 6.

Final Provisions

1. Use of the gym constitutes acceptance of the provisions of the Regulations.
2. UAM reserves the right to:
 - 1) amend the Regulations;
 - 2) temporarily close the gym for organizational, technical, sanitary, or user safety reasons.
3. Violation of the provisions of the Regulations may result in the temporary or permanent loss of the right to use the gym.
4. The attachment - User Statement on the use of the gym at one's own risk - constitutes an integral part of the Regulations.

ANNEX

User Statement Regarding the Use of the Gym at One's Own Risk

I, the undersigned:

Full Name:

User Status:

- ☐ AMU Student
- ☐ AMU Doctoral student
- ☐ AMU Employee
- ☐ Person Residing in Student Halls

ID card / identification / document number:

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I hereby declare that:

- 1) I have read the Regulations for the use of the gym by students, doctoral students, and employees of Adam Mickiewicz University, Poznań, as well as persons accommodated in student dormitories, and I undertake to comply with them,
- 2) I use the gym voluntarily and at my own risk,
- 3) my state of health allows me to safely perform physical exercises and use the equipment located in the gym;
- 4) I am aware of the risks associated with physical activity, including the possibility of injuries, trauma, or the deterioration of my health;
- 5) I acknowledge that the use of the gym takes place without the supervision of an instructor or an AMU employee;
- 6) I undertake to use the equipment in accordance with its intended purpose and safety regulations;
- 7) I acknowledge that AMU bears no responsibility for items left behind, lost, or stolen on the gym premises.

Place and date:

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Legible user signature:

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