

TRAINING CENTER CAROLINA MEDICAL TRAINING SYSTEM (CMTS)

Rules

1. The CMTS may be used only by persons who:
 - are at least 18 years old or have produced a written consent of legal guardians,
 - before taking the first training session have consulted a doctor, and there are no contraindications against performing physical exercises,
 - have arrived at CMTS in accordance with the date agreed at CMC Reception Desk,
 - have confirmed in writing that they have acquainted themselves with the Rules and made the relevant payments at CMC Reception Desk.
2. The exercising persons may stay in the gym and use its equipment only under supervision of a personal trainer or person designated by the trainer.
3. Person with health problems should inform their personal trainer about this fact before starting exercises. The trainer, with consideration given to the exercising person's health, may refuse him the right to begin or continue the training session. In such a case, the exercising persons has the right to complete the training session purchased at a later date.
4. CMC does not take responsibility for injuries and other health consequences resulting from performing exercises in a manner which did not comply with the personal trainer's recommendations, or resulting from health problems which were not revealed earlier to the doctor or personal trainer.
5. The exercising person should have a towel and sports clothes (including shoes for change).
6. The exercising person has the right to use the CMTS locker room (co-educational one) and washing facilities. The locker room can be entered 10 minutes before the beginning of the training session.
7. CMC does not take responsibility for valuable objects left in the CMTS gym or locker room.
8. The exercising person is obliged to take care of the order, condition of the exercising machines and other equipment available in the gym.
9. All exercising machines should be used in accordance with their intended use. Persons who destroy the exercising machines and other equipment take financial responsibility for the damage done.
10. Persons who breach the order or provisions of the Rules may be removed from the gym.