

REHABILITATION AND MEDICAL FUNCTIONAL TRAINING REGULATIONS

1. To undergo rehabilitation or medical functional training (further called: "training") a patient must fulfill certain conditions:
 - Must be registered in CMC system
 - Must not have contraindications to perform physical exercises
 - Must attend rehabilitation/training in accordance with the date set in the CMC Reception
 - Must confirm their consent to rehabilitation/training in writing
 - Must confirm in writing that one have read the Regulations and settled all due payments at the CMC Reception.
2. Persons under 16 years of age should come for rehabilitation/training together with a parent / legal guardian. In the case of persons aged 16-17, who arrived for rehabilitation/training alone, it is necessary to show a written permission of a parent / legal guardian to participate in rehabilitation/training on the first visit.
3. The patient may stay in the rehabilitation/training room and use its equipment only under the supervision of a physiotherapist/trainer.
4. Patients with health problems should inform their physiotherapist/trainer about them before starting classes. Taking into account the patient's health, the physiotherapist/trainer may refuse to start or continue classes.
5. After purchasing the rehabilitation/training pass, the patient may opt out of paid rehabilitation/training only if he/she presents the relevant opinion of a doctor/physiotherapist or in exceptional random situations after obtaining the consent from CMC. To obtain a refund, the patient should submit a written request using the form available at the reception.
6. The rehabilitation/training pass is valid for 1 year from the date of purchase and can only be used by the person for whom it was purchased. After the expiry of the pass, CMC does not make a refund for unused classes.
7. If the patient is late for rehabilitation/training, the duration of the class is not extended. In that case the physiotherapist/trainer decides which of the treatments will be performed within the remaining time.
8. CMC is not responsible for injuries and other health consequences resulting from performing exercises not in accordance with the physiotherapist's/trainer's recommendations or being a consequence of health problems not previously disclosed to the physiotherapist/trainer.
9. The patient should have a towel and clothes that allow free access to the part of the body that will be rehabilitated/trained: sleeveless shirt in case of shoulder problems, shorts in case of knee problems, loose sports outfit in case of the spine problems. The patient should also bring changing shoes. Detailed information is available at the reception.
10. CMC is not responsible for valuable items left in the rehabilitation room or cloakroom.
11. All exercise equipment should be used only for its intended purpose. Physiotherapist's/trainer's indications are binding in this regard.
12. Persons who violate the Regulations may be removed from the rehabilitation/training room and other CMC rooms. In such case, the patient is not entitled to a refund of the cost of the interrupted classes.
- 13. The patient may cancel the rehabilitation/training class free of charge until 6 pm (18.00 hours) on the day preceding the agreed date. In case of absence and cancellation of the visit after the above deadline, the patient bears the full cost of the class.**

Warsaw, (date)

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I have read the regulations and I accept its terms