

## Welcome to the Unisport Fitnesscenter

We are delighted that you have decided to join the Unisport Fitnesscenter. We will do all we can to ensure that you have a pleasant time with us. In the interest of maintaining order and impeccable hygiene we do, however, rely on your cooperation, and would like to take this opportunity to highlight the most important points in our rules and regulations. We kindly ask you to comply with the hygiene rules and to follow instructions given by staff. The rules and regulations are an integral part of the fitness subscription agreement. We appreciate your support and look forward to counting you as one of our satisfied guests.

## Rules and Regulations for the Unisport Fitnesscenter

### Check-in/Check-out

On each visit, check-in and check-out is required using the personal chip wristband or the personal chip sticker.

### Working out in the Unisport Fitnesscenter

Working out in the Unisport Fitnesscenter is possible during the usual opening hours and up to 30 minutes before closing.

### Hygiene

Use of a towel for sweat-absorbance is obligatory. Towels can be borrowed from reception for a fee and must be returned personally when checking out.

The fitness and exercise rooms may only be used with clean sports clothing. Access to the fitness areas is only permitted with clean and non-marking sports shoes. Wearing sports shoes that are also worn on the streets is not permitted.

Persons with infectious diseases who could be deemed a risk to others can be temporarily excluded from fitness training in the Unisport Fitnesscenter. Persons with skin conditions or open wounds must ensure that the affected areas of the body are covered up where necessary.

In the interest of the comfort and wellbeing of all concerned, persons with strong body odor are requested to take appropriate measures, amongst other things showering before working out.

The fitness equipment, in particular endurance machines, is to be wiped clean after use to remove sweat and other traces. Cleaning products and paper are provided.

### Mutual consideration

Mutual consideration is essential so as to ensure that all members are able to work out in the Unisport Fitnesscenter without interference. The personal boundaries and privacy of other members are to be respected. It is forbidden to take photographs of or to film other members in the fitness areas, the locker rooms and the wet areas. Please be considerate of other members and refrain from talking on your cellphone during workouts in the fitness areas and in the locker rooms. Listening to music during a workout is only permitted with headphones.

### Food and drink

For hygiene reasons, food and drink may only be consumed in the reception area. Only drinking bottles with screw tops or suction lids may be taken into the workout areas. Glass bottles and aluminum cans are not permitted in the workout areas.

### Order in the fitness room

Free weights and other fitness equipment must be returned to where they were taken from after use. Weight plates from the weight training machines and/or the weight bars must be removed and returned after use.

### Locker rooms and wet area

Streetwear must always be placed in a locker in the locker room. We kindly ask you not to hang up or leave any sweaty clothing lying around in the locker rooms so that all members have unrestricted use of these spaces. Sports bags are to be stored in the locker rooms whilst members are at the Unisport Fitnesscenter. In the interest of members, the locker rooms and wet areas are inspected by members of staff (in the case of staff shortages also by staff of the other sex).

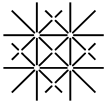
Adhesive plasters become detached from the skin in the wet area and must therefore be removed before entering the wet area. Before leaving the drying off area, the entire body should be dried off thoroughly. As we like to say: In the Unisport Fitnesscenter you can work out and regenerate, but please wait until you get home before shaving, cutting nails, coloring hair or applying facial masks.

### Lost property

Items of lost property handed in will be kept at the Unisport Fitnesscenter for up to one month and then donated to a charitable institution. No right exists to reclaim such property.

### Accidents and injuries

Use of the fitness equipment and of any additional offers of the Unisport Fitnesscenter is at the member's own risk. It is important to recognize that in the fitness room, the exercise room and in the wet area, individual performance capabilities



can easily be overestimated. In order to prevent accidents and injuries, the Unisport Fitnesscenter recommends following the instructions of staff and reacting to physical indications such as pain, discomfort or dizziness, if necessary taking a break from the workout. Where appropriate it is also recommended to undergo a physical medical examination before commencing fitness training. Working out under the influence of alcohol or drugs is forbidden.

**Daily cleaning**

The Unisport Fitnesscenter ensures that – usually before opening – appropriate and thorough cleaning and where necessary disinfection is carried out of the entire facility, equipment, locker rooms and wet area. During the day, all areas are monitored and cleaned again where necessary by Unisport Fitnesscenter staff.

**Thank you for becoming a member. We look forward to welcoming you as a regular visitor.**

Current as of April 2025