

We look forward to your visit and ask you to observe our house rules, which are **based on mutual respect**, in the interests of all members. Thank you very much.

## Centre operation

- Please leave the training facilities at least 20 minutes before the centre closes so that you have enough time to shower and change. The centre will close on time.
- Smoking is strictly prohibited throughout the centre.
- Pets must remain outside for hygiene reasons.
- Please do not use mobile phones in the fitness and changing rooms so that everyone can train and relax undisturbed.
- Phoning in the training area is disruptive and therefore not permitted.
- Phoning is permitted in the entrance area. Listening to music with headphones is excluded.
- Persons suffering from an infectious disease are not permitted to train until they have recovered.
- We ask people with strong body odour to take additional, odour-reducing measures so that everyone can enjoy the training session undisturbed.
- Loud noises such as moaning or excessive loud breathing during training must be avoided.
- The moral and ethical boundaries must be fully respected at all times.
- Aggressive behaviour and sexual harassment will result in immediate termination of membership without refund of fees and a ban from the entire Stückerli area.
- The recording of videos in the GYIM is only permitted with authorisation.

## Training

The training offers in the GYIM is the sole responsibility of the operator. Independently offered personal training sessions or the acquisition of members in the GYIM for external fitness programmes by third parties are not permitted.

## Children

For safety reasons, children are not allowed on the training areas.

## Food and Drink

For hygiene reasons, we ask you to consume food and drinks only in the lounge. Only sports bottles with plastic suction caps (no glass) are permitted on the training area.

## Consumption account

If you would like to purchase products at any time without cash, we ask you to pay money into your consumption account. This allows you to conveniently pay for all our additional offers such as drinks, bars, food supplements etc. with your wristband.

## Clothing

Access to the fitness areas is only permitted in suitable and appropriate sports clothing and with clean and non-marking indoor sports shoes that are not worn on the street.

The upper body must always be covered.

## Towel / cleaning

For hygiene reasons, a towel (minimum size 70 x 100 cm) must always be placed on the equipment to be used when exercising.

The cardio equipment must be completely cleaned after each use with the disinfectant and paper provided. In the event of excessive soiling by the user (e.g. heavy perspiration, etc.), the necessary material must be obtained from a GYIM trainer for independent removal.

## Training equipment and fitness material

We ask you to handle all fitness equipment and fixtures with care. After using all strength equipment and machines, the weights must always be set down carefully and silently.

## Dumbbells / weight discs, training material

After training, all dumbbells, weight discs and other training equipment must be returned to the appropriate racks.

## Changing room lockers

The changing room lockers can only be used during the training period. Closed lockers are opened after the centre closes.

Lockers can be rented for a fee on request. If a locker is occupied overnight without being rented, a handling fee of CHF 10 will be charged.

## Hygiene

In the GYIM you should not only feel comfortable, but also be able to rely on hygiene and cleanliness. Please report any defects to us.

Thank you very much.

## Lost property

We keep found objects for a maximum of one month, after which they are handed over to charitable organisations or disposed of.

## Safety and risks

Use of the GYIM is at your own risk. The GYIM accepts no liability for any damage resulting from an accident, injury or illness.

## Theft

The operator of the GYIM, GYIM Health & Fitness AG, is not liable for the loss of personal effects, valuables, money, clothing, etc.. Any liability for deposited items is also excluded. It is your responsibility to take out insurance.

## Binding nature of the house rules

The house rules are part of the contract and are binding in all cases. In the event of repeated disregard, the GYIM reserves the right to terminate the contract with immediate effect and to impose a training ban. There is no entitlement to a repayment of the membership fee.

Basel, September 2023 - The management:  
GYIM Health & Fitness AG, A. Biassoni Schmitz

Please wear **clean** sport shoes.



Please **mute** your mobile phone.



Please use a **towel**.

