

FORM FACTORY VISITING RULES

These Visiting Rules are binding for all visitors to the Form Factory sports.

A visitor means a Member, Guest, a MultiSport card holder and any other natural person who enters the premises of the Club.

A member means any natural person who has concluded a Contract for the provision of services and the establishment of a club membership with the Company (hereinafter referred to as a "**Contract**").

For the purposes of these Visiting Rules, a Member also means a person to whom a Member's status is granted on the basis of a Contract concluded between the Company and a third party for his/her benefit, as well as a person who is entitled to use the services of the Club as a Guest.

For the purposes of these Visiting Rules, a Guest means a person who came to the Club accompanied by a Member and whose entry into the Club is allowed by the Company. The Company hereby reserves the right to deny access to the Club by the Guest, even without stating a reason. Guests must be over 15 years of age. The entry of Guests into the Club is subject to a visitor's fee, and its current amount is set by the Company's valid price list (hereinafter referred to as the "**Price List**").

A Multisport card holder means any natural person who identifies him/herself with a Multisport card and proof of identity when entering the club.

Article I. - General Information

1. Opening hours of the Club

Information about the Club's opening hours is available on the main entrance door of the Club and on the website: www.formfactory.cz

Visitors are obliged to end their sports activities no later than half an hour before the end of the Club's opening hours and leave the premises no later than by the end of the Club's opening hours.

The Company hereby reserves the right to extend or shorten the opening hours of the Club as needed.

2. Services and Facilities of the Club

Visitors to Form Factory clubs can use the following services:

- gym and cardio zone
- group classes
- sauna and steam bath
- solarium
- whirlpool
- swimming pool
- dressing rooms and showers
- personal trainer services
- massages, manicure, pedicure, and cosmetics

Each Club in the Form Factory fitness chain offers a different portfolio of services. Each visitor is familiarized with the layout of the individual facilities in the Club and with the provided services during the presentation of the Club before the signature of the Contract or during the first visit to the Club.

The prices for the use of the Club's facilities and the prices for the provision of services that are not included in the given membership type (i.e. they are not covered by the relevant membership fee) are governed by the current valid Price List. Information about services and facilities whose use is included in each membership type is available in the premises of the Club and on request from the Company.

Article II. - Rules for the Use of the Club's Facilities and Services

3. Safety Rules of the Club

Visitors engage in all sports activities in the Club, including the use of the sauna, steam bath, whirlpool and solarium, on their own responsibility and at their own risk. Using the facilities and services of the Club without prior instruction is prohibited. When using the services, the visitor is obliged to follow the Club's Visiting Rules and the instructions of the Company and its employees or other people providing the Services on behalf of the Company (including instructors and trainers).

The Company is not liable for any damage to health or property that may be incurred on the Visitor due to a failure to comply with such a procedure or the instructions of the Company, its employees, instructors or trainers.

The Company is not liable for any damage to health or property that the Visitor incurs intentionally, due to negligence or by overestimating his/her physical condition.

In the Club, visitors may not engage in sporting activities if they are ill, injured, regularly use medications or other substances that may in any way affect their physical or mental abilities, or are indisposed for the performance of sporting activities in any other way. This prohibition does not apply to people who provide a written statement from a physician that the person may engage in sporting activities in the Club.

A prior consultation with a physician on the use of the Club's individual services and facilities is recommended in particular, but not only, for those suffering from diabetes, heart disease, high or low blood pressure, and for pregnant women.

The use of the sauna, steam bath, whirlpool or solarium is also prohibited for visitors who are under the influence of substances that limit the coagulation of blood, antihistamines, beta blockers, sedatives or other substances with similar effects.

When using the facilities and services of the Club, visitors to the Club are obliged to respect the principles of personal safety, both their own and that of other Visitors.

Children under 15 years of age are not allowed to enter the fitness centre. The admission of visitors from 15 to 16 years of age is only allowed if they are accompanied by a parent or a personal trainer; visitors over 16 years of age can visit the club unaccompanied.

Children from 15 years to 18 years of age are only allowed to enter the fitness centre with the written consent of their parents, who expressly bear full and unassignable liable for any damages to the health of their child and the property of the operator resulting from the movement of the child in the fitness centre.

In the event of the assisted use of the Club's facilities, first aid is provided by the instructor. In other cases, first aid treatment is provided at the Club's reception, which is equipped with medical supplies in accordance with the applicable legislation.

4. Code of Conduct of the Club

Throughout their presence in the Club, visitors are obliged to behave in a manner that does not restrict other visitors of the Club from using its facilities and services.

In the event of inappropriate, aggressive or vulgar behaviour towards other Visitors or the Club's staff, the Company reserves the right to expel such a Client from the premises of the Club.

Visitors are obliged to respect the rules for entry into the Club, i.e. to identify themselves with a membership card or a Multisport card (or proof of identity) and respect the control mechanisms used by the company for this purpose - card readers and turnstiles.

The following is prohibited throughout the premises of the Club:

- smoking;
- **using mobile phones** (the ban only applies to the premises of both studios, the gym and cardio zone, and the entire Spa);
- the consumption of any food (the ban does not apply to beverages);
- the consumption of alcohol;
- chewing gum;
- bringing in or walking animals;
- entering the common areas in inappropriate clothing;
- bringing bags or backpacks into the premises of the Club;
- entering areas that are reserved for the opposite sex;
- not acting in accordance with the principles of good morals;

- using Power Plate machines without a trainer; can be used after 4 purchased trial sessions with a trainer;
- using any studio outside the hours in the timetable;
- using your own trainers in the sports club or training clients;
- disturbing the relaxation zone in the Spa and other visitors resting in the Spa Zone.

Visitors are obliged to adapt their sportswear to the principles of personal hygiene and decent behaviour in consideration of the specific area in which they happen to be in the premises of the Club.

The Company reserves the right to determine the conditions of appropriate clothing and, at its discretion, it may request a Visitor who is not appropriately clothed to leave the Club or to change clothes.

5. Rules for the storage of personal items when using the services and facilities of the Club

Lockers that can be locked with a padlock for the storage of clothes during the use of the Club's services and facilities are available to Visitors in the Club's premises. The Visitor must bring the padlock for locking the locker him/herself. In the premises of the Club, it is always possible to buy a padlock for a one-time non-refundable price. The purchased lock remains in the ownership of the Visitor.

Before leaving the Club, Visitors are obliged to always vacate the locker and leave it open. Lockers that are not be vacated by the end of the Club's opening hours on a given day will be opened by the relevant Club staff and their content will be vacated and stored away. The costs of opening lockers and storing away their contents are paid by Visitors who have not vacated their locker in accordance with these Visiting Rules. The penalty for the unauthorized use of a locker is CZK 1,000.

For the storage of clothes when using the Club's services and facilities, Members can also use a "personal locker". A personal locker is a locker that a Member is entitled to use over a long-term period. For the use of a personal locker, the Member is obliged to pay a fee to the Company in advance in the specified amount. The prepayment for the personal locker must be made by the Member for a period of at least 6 months. The provisions of the applicable rental contract legislation shall apply mutatis mutandis to the use of the personal locker. The member is only entitled to use the personal locker for the period for which he/she has paid in advance. After this period has expired, he/she is obliged to vacate the locker immediately. Lockers that are not vacated in accordance with this paragraph will be opened by the relevant Club staff and their content will be vacated and stored away. The costs of opening lockers and storing away their contents are paid by Visitors who have not vacated their locker in accordance with these Visiting Rules.

Members who use a personal locker are responsible for ensuring the hygienic cleanness of the stored items. In particular perishable products, combustible material or any other dangerous substances must not be stored in the personal lockers. The loss of a key to a personal locker must be immediately reported to the Club reception, and the Company reserves the right to store a replacement key to each personal locker for this purpose.

The Company is not responsible or liable for jewellery, money and other valuables, or other items whose worth exceeds CZK 1,000 that are stored in lockers, including personal lockers.

The Company is not liable for the loss of personal items stored in the Club's premises outside of areas designated for this purpose (See above).

6. Rules of Hygiene

Visitors are obliged to use towels when engaging in sports activities so that the Club's equipment is kept clean. Visitors are asked to put towels on all surfaces that come into contact with their body. Surfaces that are spattered with sweat must be cleaned with a disinfectant, which is available at the treadmills.

Visitors are obliged to observe the following hygiene rules in the Club:

- use shoe sleeves before entering the whirlpool areas in outdoor or sports footwear;
- only enter the gym and studios in closed and clean sports footwear that is different from outdoor footwear; the use of beach shoes / slippers in the gym is prohibited;
- always clean machines or mats in the gym with a disinfectant after they are used;
- take a shower before entering the sauna, steam bath or whirlpool;
- use deodorant;
- respect the ban on shaving throughout the premises of the club;
- do not dry clothes or towels in the saunas.

Sanitary facilities (showers and toilets) are available in the dressing rooms, separately for men and women. Soaps are available to Visitors at the sinks. The soaps are dermatologically tested.

Article III. - Visiting Rules

7. Gym Visiting Rules

Visitors are obliged to follow these Visiting Rules and the instructions of trainers and other employees of the Club and/or Company during their sports activities in the Club.

Do not block machines and stations for longer than necessary; if you are asked, allow the person to alternate with you at the station.

After you have finished training, clean up the dumbbells and weight plates. It is a sign of respect and consideration for the other members of the club.

Handle the machines gently, do not throw dumbbells and only place them on the racks or rubber squares, and do not endanger the safety of others.

In the event that any damage to a machine, dumbbell, or exercise equipment is found, it is the responsibility of everyone to notify the reception of the damage.

Visitors must not use their own trainers in the sports club or train clients.

The Company reserves the right to limit the use of certain sports or other facilities of the Club (e.g. cardio areas) at any time due to overload.

8. Visiting Rules for Group Classes

Visitors are obliged to follow these Visiting Rules and the instructions of instructors and other employees of the Club and/or Company during their sports activities in the Club.

Visitors are obliged to attend group classes in time. Entering a sports studio after a training class has started is prohibited. Visitors must not disturb the course of training classes in any way.

Instructors are entitled to limit the number of participants in training classes or ask a Visitor to leave a training class if the instructor considers the training room to be overcrowded or if the Visitor is not following the instructions of the instructor.

Visitors may only enter studios where training classes are organized after the instructor has arrived.

Due to the higher interest in certain training classes, the Company reserves the right to require registration for participation in such training classes in advance and to set the following conditions for registration.

How does the system work?

A class can only be booked online.

- 1) *Visit the website online.formfactory.cz and enter the client zone by clicking on LOGIN ».*
- 2) *As the Login, use the e-mail address specified in your membership contract.
If you are a MultiSport card holder, ask for the login information at the club reception.
If you have forgotten your password, you can reset it.
If the e-mail address is invalid, request your access data at the club's reception.*
- 3) *In the top menu, click on the TIMETABLE and select the Form Factory club you wish to visit.*
- 4) *Click on the class you wish to book, and confirm the booking with the ENROL button.
A class can be booked no earlier than 48 hours in advance and no later than 5 minutes before it starts.*
- 5) *Bookings can be easily cancelled by clicking on the CANCEL BOOKING button in the list of reserved classes above the timetable.*

RULES AND CONDITIONS FOR BOOKING GROUP CLASSES

For each class in the timetable, you can create an online booking, through which you can secure a spot in the class. Booking classes through the reception is not possible.

You can enter a class without booking it only in cases where the class is not filled to capacity and after an agreement with the instructor.

The possibility to book a class is open 48 hours before the beginning of the class and closes 5 minutes before it starts.

You can cancel a class without a penalty no later than 2 hours before the start of the class.

If you do not cancel a class or do not arrive on time, you cannot book a class for the next 120 hours (5 days).

Do not enter a class that has already begun. Thank you.

9. Whirlpool Visiting Rules

The following is prohibited when using the whirlpool:

- entering the whirlpool with skin diseases and other contagious diseases or in cases where the doctor has prohibited it or recommended otherwise;
- submerging the head;
- consuming or bringing food and drinks and/or any glassware into the relaxation area;

Club visitors are obliged to do the following before using the whirlpool:

- take a shower before entering the whirlpool;
- wear a bathing suit;
- follow the instructions of the Club staff and follow written instructions and warnings;
- follow the principles of personal hygiene;
- observe the principles of decent behaviour and respect other Visitors using the Spa area.

At times of higher interest in the use of the spa, the Company reserves the right to temporarily limit its use by individual Visitors.

10. Solarium Visiting Rules

Entering the facilities of the solarium

When entering the solarium, the customer is obliged to familiarize him/herself with these Visiting Rules and undertakes to observe them and follow the instructions and recommendations of the solarium staff.

The customers have been advised of the risk of possible side effects when using the solarium.

Children do not have access to the solarium.

Entering the solarium is prohibited for people who have been externally neglected, people with a fever or a contagious disease, asymptomatic carriers, people who are tipsy or under the influence of addictive substances, and people with a pacemaker. Entering the solarium is also prohibited for people suffering from acute sunburn and people who have or have had skin cancer or are predisposed to skin cancer.

Without prior consultation with a physician, entering the solarium is not recommended in particular for those suffering from high blood pressure, pregnant women, people taking hormonal medication, including hormonal contraceptives and drugs that cause increased photosensitivity (e.g. tetracycline, chlorpromazine, sulfinamides, and antirheumatics), as well as those suffering from Basedow's disease, diabetes, people taking anti-stress drugs (phenotriazine), people with urinary tract infections and people taking certain artificial sweeteners.

Entering the solarium is also not recommended immediately before or after a bath, with perfumes and make-up on the skin, or with other cosmetics that are not specifically designed for solariums.

General Instructions for Solarium Visitors

The tanning period is determined by the table of skin types and the tanning program. The table is displayed in the solarium.

UV radiation can damage the skin or eyes. These biological consequences depend on the quality and quantity of radiation and on the sensitivity of the skin. Excessive tanning can burn the skin and lead to premature ageing of the skin.

A failure to protect the eyes during tanning may lead to their inflammation.

Special protection measures are recommended in cases when the visitor is particularly sensitive to UV radiation. The rule that the use of tanning equipment generally reduces the risk of skin burns does not apply.

Instructions for Use

Do not use makeup and perfumes before visiting the solarium.

During your first visit, consult the staff on the appropriate tanning program for your skin type and the frequency and duration of individual visits for the type of solarium used. The staff will instruct the customer on how to handle the device.

Use appropriate tanning cosmetics and protective goggles designed for solariums.

Leave an interval of at least 48 hours between the first two tanning sessions. Do not sunbathe or undergo a tanning session repeatedly in one day.

The customer must enter the solarium without clothing and jewellery. A customer with long hair may only enter the solarium with a hair clip or hair band.

Visitors must be gentle with the equipment of the solarium, and increased attention must be paid to the plexiglass covers protecting the tubes - do not lean on them.

Visitors are obliged to compensate the operator for damage to property and the equipment of the solarium or damage incurred on other visitors by their fault.

11. Sauna Visiting Rules

The Club reception will provide information on the capacity of the sauna cabin on request.

Visitors are obliged to follow all the instructions of the sauna operator.

As a rule, the sauna should be entered unclothed for hygienic and physiological reasons. **Make sure you maintain a hygienic environment by using a towel or another suitable underlay (sheet) when sitting on the benches in the sauna rooms or the benches in the fresh air room, the restroom or the dressing room.** In all the areas of the sauna, you must be barefoot or wear protective footwear. Be careful when moving around the premises.

Only the showers are used for cooling off. Cooling off in the pool or whirlpool is prohibited.

The bath in the sauna is for healthy people. Every visitor uses it on their own responsibility. The common bath in the sauna is not accessible to people suffering from apparent symptoms of acute illness, such as fever, general fatigue, a cough, rhinitis, pink eye, diarrhoea, a headache, malaise, and so forth, and in particular, contagious inflammation of the upper respiratory tract. It is also not accessible to people with diseases that incite repulsion (e.g. patients with open inflamed or bloody wounds). Access is also not allowed for people who are asymptomatic carriers of intestinal diseases and for members of families whose members are suffering from an infectious disease. Using the sauna is also prohibited for children under 1 year of age.

Access is also not allowed for people who are drunk, tipsy or under the influence of drugs. Smoking is prohibited throughout the premises of the sauna! Furthermore, the use of the sauna may be denied to people who do not respect the principles of social morality and to people whose visit may have a disrupting effect on order, the safety of operation and cleanness. As a rule, women must not use the sauna when menstruating.

Visitors to the sauna are allowed to use their own washing supplies, and to dry up and bundle up, they may use two of their own bath towels (preferably large towels), but they must be clean.

12. Steam Cabin Visiting Rules

The Club reception will provide information on the capacity of the steam cabin on request.

Before entering the steam bath, thoroughly wash the body with soap and water. Enter the steam bath in a bathing suit. **Lay a towel below your body when sitting on the benches.**

Remain in the steam bath until you are properly warmed up (it is not healthy to drag out your stay in the steam bath until you feel faint and dizzy). The duration of the stay in the steam bath is always individual, but it usually ranges from 10 to 20 min. The body is warmed up in the steam, which is heated up to an average temperature of 35-45 °C at the high air humidity resulting from the steam mist. The body is subjected not only to the effects of heat, but also humidity, from all sides and the effect of the heated benches on which visitors sit.

After leaving the steam bath, it is recommended that you take a shower - it is not necessary to cool off rapidly (use lukewarm water). Only the showers are used for cooling off. Cooling off in the pool or whirlpool is prohibited.

Each person can choose the cooling intensity according to how they feel and their previous experiences. The warming and cooling phases are usually repeated 2-3 times to achieve a pleasant feeling. The time and intensity of warming up are left to the visitors of the steam bath.

13. Pool Visiting Rules

Do not enter the pool area in footwear that is not intended for this purpose. (clean rubber slippers or flip-flops are allowed). If you do not have them, please use the disposable shoe sleeves at the entrance or enter barefoot.

Please take a shower and wash with soap before entering the pool.

Only enter the pool in a bathing suite (do not enter the water in underwear or without a bathing suite).

Do not enter the pool area with food, drinks in glass containers or alcohol. Only drinks in a plastic container are allowed in these areas. Entering the pool is prohibited for people under the influence of alcohol or addictive substances.

No one is liable for valuables stored in the pool area - store them in the safes that are available at the reception.

Clients with acute inflammatory and contagious diseases (rashes, open wounds, ...) should not enter the pool area

Bringing bags and backpacks to the relaxation area is prohibited.

The surface in the pool area is slippery, so please be careful when moving around in this area. Jumping into the water is strictly prohibited!

Article IV. - Final Provisions

The Company is entitled to unilaterally amend or supplement these Visiting Rules at any time. The amended or supplemented Visiting Rules shall enter into effect on the day of their publication in the premises of the Club. The current version of the Visiting Rules is always available and published in the premises of the Club and at request from the Company.

Visitors may submit any complaints concerning the quality of the services provided or shortcomings in the Club's facilities in person to one of the Club's senior employees or in writing through a box intended for the purpose, which is located at the Club's reception.

Visitors are obliged to prevent damage to the Club's facilities to the best of their abilities, or report any identified defects or shortcomings at the Club's reception.

The Company reserves the right to close the Club or parts of the Club for a limited period of time for the purpose of carrying out necessary repairs, for the maintenance of the Club or in the case that a private event is taking place. The Company will announce the closing of the Club or part of the Club in advance by posting information about the planned measure at the Club's reception.

In Prague on 1 May 2019