
CRYSTAL
MOUNTAIN



GYM
REGULATIONS

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1. Gym at the Crystal Mountain***** hotel in Wisła at ul. Bukowa 19A is managed by WISŁA MOUNTAIN RESORT OPERATOR spółka z ograniczoną odpowiedzialnością spółka komandytowa with its registered office in Warsaw (00-023) at ul. Widok 8 (KRS [National Court Register Number]: 0000678720).
2. Crystal Mountain guests can use the gym free of charge under the terms of these regulations during the gym's opening hours.
3. Gym is intended only for Crystal Mountain guests aged 16 and over. A minor under the age of 18 should use the gym equipment under the supervision of an adult guardian.
4. People who do not exercise are not allowed to stay in the gym.
5. Gym offers both free weights and devices designed for people with various levels of fitness and health. Exercises with free weights with the use of heavy loads should be performed only with the assistance of at least one additional person. People using the gym should adapt the type of performed exercises to their level of physical fitness and health. The gym should only be used by people who are in a health condition that allows them to use the gym, who have no contraindications regarding their state of health, due to which they should not use the gym. Anyone who feels unwell during exercises must stop exercising immediately and notify Crystal Mountain Hotel staff.
6. The gym may not be used by people who may pose a threat to health or safety of other people in the gym. For epidemiological reasons, people who are carriers of infectious diseases, viral and bacterial infections, and people with visible disease symptoms (increased temperature, cough, runny nose, and others) cannot use the gym.
7. When using the gym devices and equipment all persons are obliged to follow the safety rules, not to behave in a way that threatens safety of other people, not to behave in a vulgar manner, in a manner violating the generally accepted standards, rules of social coexistence or maliciously disturbing other people at the gym. Guardian of a minor should ensure that the minor complies with the above-mentioned rules.
8. Appropriate sports footwear and clothing are required in the gym, i.e. T-shirt, shorts or sweatpants and clean sports shoes, alternatively, slippers or sports socks. People using the gym are obliged to keep their sports clothes clean. For hygienic reasons, shoes must be worn at all times when using the gym. Each person using the gym should have a towel.
9. All gym equipment and devices should be used in accordance with their intended use and instructions, with extreme caution and the highest degree of safety.
10. Gym user is obliged to:
 - a) use the gym for personal recreation only,
 - b) adjust intensity and type of exercises to his/her health and current physical condition,
 - c) use the gym in a manner consistent with the principles of social coexistence, without violating the right of other people to use the gym undisturbed at the same time, including in particular to refrain from: using vulgar vocabulary, behaving loudly, playing loud music, throwing gym equipment, behaving aggressively towards others gym users;
 - d) not to disturb peace and order at the gym and not to disturb other gym users;
 - e) keep order and cleanliness; in particular, before performing exercises on a device, the user should put his/her towel on the device, and after completing the exercise, wipe and disinfect the device;
 - f) comply with these regulations.
11. It is prohibited to:
 - a) bring unauthorized persons to the gym;
 - b) use the gym devices and equipment in a way that may cause accidents or injuries to the user or other persons using the gym;
 - c) bring in alcohol or other intoxicants, substances or dangerous objects, including those posing a threat to life, health or property;
 - d) use the gym for any purposes other than personal recreation; in particular, it is forbidden to perform any business activity in the gym, including coaching or similar activities provided on any legal basis, without the consent of the gym manager, expressed in writing under the pain of nullity;
 - e) climb gym equipment not intended for this purpose, including tables and chairs;
 - f) destroy or tamper with devices in the gym;
 - g) take any gym equipment outside the gym;
 - h) eat, drink alcohol, smoke tobacco or tobacco products (including e-cigarettes) and use abusive substances, as well as be under the influence of alcohol or drugs in the gym;
 - i) bring animals to the gym.

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12. Persons who persistently and despite reminders from the Crystal Mountain staff do not comply with the gym regulations or violate the rights of other people using the gym, may be asked to leave the gym by the hotel staff.
13. People using the gym are required to put the used equipment back in its designated place.
14. People staying at the gym should immediately report any defects or malfunctions in the gym's facilities or equipment to the Crystal Mountain reception desk.
15. Any damages, accidents or hazardous events should be promptly reported to the Crystal Mountain reception desk. Any items found in the gym area should be taken to the Crystal Mountain Reception desk.
16. The manager does not provide constant instructor care, except for individual personal trainings, which are a paid service. Crystal Mountain staff is not permanently present in the gym. All necessary information, including information on how to operate the machinery and equipment located in the gym, or information regarding persons from whom such information may be obtained, can be obtained from the Crystal Mountain reception desk staff.
17. For safety reasons, gym area can be monitored with surveillance cameras. The controller of personal data is the company indicated in point 1. The purpose of processing personal data, i.e. the image of people at the gym, is to ensure the safety of people staying in the gym, protect property and defend against claims or pursue claims, which constitute legitimate interests of the controller specified in art. 6(1)(f) of GDPR. Further information on the rules of using video surveillance in the hotel can be found in the hotel's regulations and separate information on monitoring, available, for example, at the Crystal Mountain's reception desk and in each hotel room.
18. These regulations are available at the entrance to the gym, as well as at the Crystal Mountain reception desk and in each hotel room.
19. These regulations are valid from January 1, 2021.