

Operational regulation of Pod-O-Gym



POD-O-LEE

Operational rules Pod-O-Gym Club Pod-O-Lee

Part I

Administrator

The administrator of Pod-O-Gym is the Student Union of Czech Technical University, Club Pod-O-Lee, address: Na Lysině 772/12, 147 00 Praha 4-Podolí. The provider of the premises is the Service Facility Administration of Czech Technical University in Prague (Vaníčková 315/7, Praha 169 00), based on the Non-Residential Premises Lease Agreement concluded on 5—September 2018 (from now on referred to as the "Agreement").

The members of the Pod-O-Lee Club elect the Pod-O-Gym Administrator, who is part of the Pod-O-Lee Club Board of Directors.

Useful contacts

Official Site of Pod-O-Gym



Team members of Pod-O-Gym



Payments



Reservation system Olymp



Part II

General data

Pod-O-Gym is a room designed primarily for exercise and strength training. It is located on the grounds of the Podolí dormitories in the same building as the Archery (ÚTVS ČVUT), former Podolí canteen. The entrance to the gym is on the right side of the building.

Pod-O-Gym is only available to Pod-O-Lee Club members as part of the membership fee for access to the gym. To enter, you must pay for the Basic Membership and access to the Pod-O-Gym.

Name of the gym: **Pod-O-Gym**

Unlimited opening hours: **7:00 - 22:00**

Operating hours with valid night rest: **5:00 - 23:00**

Useful phone numbers:

Ambulance:	155
Firefighters:	150
State Police ČR:	158
The Municipal Police	156
European line:	112

Rooms and capacity

Capacity:

Gym: 30 people

Boulder: 5 people

Gym with tatami: depending on the type of activity carried out

Sauna: 2 - 4 people

Other rooms:

Dressing rooms - men and women (divided)

Sanitary facilities: 2x shower, 2x toilet, 2x sink. The Pod-O-Gym is connected to the public drinking water supply and TUV distribution.

Heating, ventilation, and lighting:

Controlled heating within the building.

Ventilation is ensured by automatically regulated air technology.

Fluorescent lighting.

Part III

Operating regulations Pod-O-Gym

1. Entry to the Pod-O-Gym of the Pod-O-Lee Club of the CTU Student Union (hereafter referred to as the room) **is permitted only to members of the Pod-O-Lee Club who have a valid basic membership and are extended. Pod-O-Gym membership, or are they have this contribution forgiven by the Board of Directors of the Pod-O-Lee Club** (now referred to as the Board of Directors) **has their own chip card added to the information system of the Pod-O-Lee Club**. A description of how to become a member and instructions for paying membership fees can be found at the internet address here: <https://podolee.cz/en/payments/>
2. A person who has paid a membership fee and uses the Pod-O-Gym facilities is called a Pod-O-Gym user (from now on referred to as the "user") and, by entering the room, agrees to the Rules of Operation and undertakes to comply with them.
3. A card system is used to enter the room. Each room user must log in with their card at the card reader when entering the room. The last entering user must close the entrance door with the reader behind him. So, the number of users in the room must be the same as the number of registered cards. The entrance card is non-transferable, i.e. it is used to enter the room only for the card owner.
4. **Visitors who are not club members and do not have an active membership are strictly prohibited from being brought into the room without the approval of the Pod-O-Lee Club Board of Directors.**
5. The user is obliged to maintain order in the room, especially during the quiet time of the night (set for 22:00 - 7:00), so as not to disturb others. It is forbidden to move and remove furniture in the room without the permission of the room admin, his representative or the Board of Directors of the Pod-O-Lee Club. The user must treat the room's equipment respectfully and in a way that does not damage it.
6. It is forbidden to smoke, consume alcohol, take drugs or enter in shoes that leave any impurities in the room. It is permitted to consume and bring in drinks and food that meet the following conditions:
 - a. All drinks must be in resealable packaging with a closable lid, which is closed immediately after drinking.
 - b. All food must be in resealable containers. (For unwrapped food, it is necessary to bring it in an impenetrable, resealable package.)
 - c. Food and drinks do not contain addictive or psychotropic substances.
 - d. The user is obliged to take all packaging from food and drinks outside the premises of the room when leaving.
7. The user must keep the floor and other equipment in the room clean. Suppose a user damages the room equipment or the room itself. In that case, it is necessary to deal with the room administrator immediately or, if possible, try to prevent the problem from spreading and immediately report it to the administrator. In case of damage to the equipment or the room itself, the user must report it immediately to the room administrator or his representative.
8. When leaving, the user must check the condition of the space he used until that time, return it to its original state and clean it. If he is the last user in the room, he must return the room to its original state, i.e. close the windows, extinguish, check and clean the rest of the room if necessary. When leaving, each user must sign out with their own card that they entered the room with and close the door behind them.
9. It is forbidden to manipulate the electrical installation in any way.

10. The user does not disturb others, e.g. with loud music from the speakers, and immediately turns it down when requested by the user or the Pod-O-Gym. **If the person's actions disturb someone else and do not stop this activity when asked, the person performing this activity may be punished for breaking the rules!**
11. Data sockets and wireless Wi-Fi are available in the room, and the user must follow the academic network usage rules and the SU Pod-O-Lee club computer network IP Rules.
12. In justified cases, the Board of Directors may grant a one-time exception to these rules.
13. Users of the Pod-O-Gym must heed the instructions of the room administrator, his representative or the Board of Directors. **Failure to obey or respond to this rule violates the room rules!**
14. **Any violation of the Operating Rules will be punished according to the restrictive measures listed below, the Pod-O-Lee club rules, or the Czech Republic's applicable laws.**
15. By entering the room, all visitors agree to take a video recording, which can be used in case of violation of any of the rules. The IP Camera System regulates the handling of camera records.
16. Administrators and Pod-O-Lee Club are not responsible for damage to items (e.g. money, electronics, clothing, etc.) brought in by room users.
17. The users of the room use the equipment at their own risk. Before using it, they make sure that all the equipment does not show defects preventing safe use, and in case of finding a defect, they are obliged to report this defect to the room administrator or his representatives.
18. The Pod-O-Gym administrator is responsible for the operation of the premises and compliance with the Pod-O-Gym rules.
19. If the user finds an item belonging to another user, he must bring the item to the Pod-O-Gym administrator or the administrator's representative.

Part IV

Rules of behaviour in the gym

1. In Pod-O-Gym, we understand three rooms as a gym: the so-called leg room (exercise room with machines mainly for strengthening the lower half of the body), classic gym (exercise room with machines mainly for strengthening the upper half of the body) and weightlifting room (exercise room without machines intended mainly for the practice of full-body extensive exercises with a large axis, rubber discs and weightlifting exercises or their derivatives).
2. Dumbbells, dumbbell axes and other metal objects must not be placed on the leather covering of benches and exercise machines. It is forbidden to climb the leatherette in shoes.
3. It is necessary to use a towel when exercising. This protects the leather surface of benches and exercise machines from the aggressive effects of sweat and helps to comply with hygiene principles. **After exercising with a towel, the user must wipe the bench using disinfectant.**
4. For exercises that require it (bench-press, presses with an axis behind the head, possibly also squats if we are not in a training cage or do not know how to get rid of an axis in a training cage safely), it is always necessary to be secured by another user present in the Pod- O-Gym.
5. Dumbbells cannot be thrown on the gym floor. It is necessary to put the dumbbells on the floor so as not to damage the floor or the dumbbells themselves. Dropping dumbbells can only be done in a weight room for exercises such as the squat performed in a training cage designed for this. The same applies to weightlifting exercises and their derivatives. Axes in these exercises can only be thrown using shock blocks intended for

this and only with rubber bumper discs designed for this. Dropping one-handed dumbbells onto the floor in any part of the Pod-O-Gym is prohibited. Throwing the axle to the floor during the deadlift is also forbidden, even in the deadlift.

6. After finishing the exercise, returning the place to its initial state is necessary. Everything must be stored in the designated areas. It can transfer axes between rooms (except for the IVANKO axis used exclusively in the main room). After finishing the exercise, the user must return the axis to its original place. (additional tables indicate the location of the axes).
7. Throwing with one-handed dumbbells during exercise is prohibited. Regardless of the weight, dumbbells must be placed on the floor carefully. Otherwise, it may be damaged. This also applies when using rubber mats or exercising on a rubber floor.

Part V

Rules of behaviour on the boulder wall

1. Every visitor to the boulder wall (from now on referred to as the "visitor") acknowledges that he is engaged in climbing and all other sports activities at his own risk.
2. The visitor can borrow safe sports equipment from the manufacturer to climb the wall.
3. If you are not currently climbing, do not stay in the landing area under a climbing visitor. Rescuing or holding the climber is allowed.
4. Use only holds and structures to climb. It is forbidden to climb outside the designated areas.
5. Climbing on the wall is only possible in suitable footwear (climbing boots or other sturdy, clean footwear).
6. Only administrators and persons authorised by the administrator are permitted to rebuild holds.
7. Any grabbing of lighting and ventilation inlets is prohibited.
8. Placing sharp or otherwise dangerous objects on the mat's surface is forbidden.

Part VI

Rules of behaviour in TATAMI room

1. When engaging in contact combat sports and martial arts, the trainee is obliged to use protective equipment, and above all, he is compelled to exercise so as not to cause injury to the participants and avoid damage to the equipment.
2. Placing sharp or otherwise dangerous objects on the tatami surface (soft floor) is forbidden.
- 3. It is forbidden to enter the tatami with shoes on.**
4. Between 10:00 p.m. and before 7:00 a.m., punching bags and strength ropes attached to the gym wall are prohibited.
5. Wall ball (squatting with a ball thrown against the wall) is allowed only in the space between the wooden ladders and the door, a door marked as "MASÉRNA", and only up to a height that does not directly cause damage to the air conditioning.

Part VII

Rules of conduct in the cardio room

1. The cardio room is between a classic gym and a leg room, containing exercise bikes, a treadmill, and a rowing machine. Before each exercise, the machine must be checked, and any defects must be reported to the Pod-O-Gym administrators.
2. After finishing the exercise, turning off the television and machines and storing the controls in the designated places on the wall is necessary.

Part VIII

Rules of behaviour in the sauna

1. The operation of the sauna is regulated by its own operating rules, and an explanation of its functions is available at the entrance door of the sauna. It is also available on the Pod-O-Lee website.
2. Every sauna user must become familiar with the operating rules and fully respect them.
3. The sauna is not intended for people with health problems or diseases – heart, asthma, etc. Before entering the sauna, users must consult their doctor about its suitability.
4. The sauna cannot be used separately. A minimum of 2 users is required in the sauna.
5. If you find a problem, e.g. damage, you must report this problem by e-mail to the Pod-O-Gym administrator right at the beginning of your reserved time.
6. After finishing the sauna, it is necessary to carefully clean all the surfaces you sat on, with napkins and the included cleaning agent stored on the right side next to the main door.
7. The sauna floor must be wiped with a mop after using the sauna. Then, place the mop in a dry place to dry.

Part IX

Rules of behaviour in the dressing room and social facilities

1. The user behaves respectfully in the dressing room. He puts his things away so that he does not needlessly take up space for other members using the locker room.
2. The user behaves respectfully in the social facility. It keeps it clean and does not damage it.
3. The wardrobes are intended for one-time use only, and storing things in them for a long time is impossible. When leaving the Pod-O-Gym, the user is responsible for leaving the locker clean, empty and undamaged and must return the locker key to its original location on the key rack. (the hooks are numbered).

Part X

First aid and hygiene

1. The entrance room has a first aid kit for first aid needs. It is equipped according to applicable regulations and the services provided.
2. User injuries and data on the use and consumption are recorded in a diary in the medicine cabinet.
3. The operator of Pod-O-Gym is responsible for cleaning and disinfection work being carried out at regular intervals.

4. Each user must bring with him to the Pod-O-Gym – clean shoes, a towel and clean sports clothes.
5. Each user must check compliance with the principles of order and cleanliness before leaving the place where he trained.

Part XI

Restrictive measures for violation of the rules

1. Restrictive measures are defined in the IP Rules for awarding penalties for violations of regulations (BANs), which are superior to the Operating Rules.
2. For the violation of any point from Part III, the following possible sanctions are introduced according to their severity (each offence will be judged individually):
 - a. notification by e-mail with a deadline for correction,
 - b. alternative punishment by agreement with the administrator of Pod-O-Gym or the Board of Directors of the Pod-O-Lee Club,
 - c. blocking the service for a certain period, i.e. granting a Pod-O-Lee BAN, and thus preventing access to Pod-O-Gym, i.e. granting a BAN,
 - d. blocking the service permanently, i.e. granting a PERMABAN, thus preventing access to Pod-O-Gym,
 - e. sanctions by the Podolí dormitory staff,
 - f. sanction by the disciplinary commissions of the CTU faculties,
 - g. transfer to the Police of the Czech Republic,
 - h. demanding financial compensation from the Pod-O-Lee club for damage caused by the user in the Pod-O-Gym.
3. The Administrator of the Pod-O-Gym further decides the penalty from part 11 point 2 subsection d after consultation with the Board of Directors of the Pod-O-Lee Club.
4. Specific cases for Pod-O-Gym:
 - a. In case of violating the operating rules or additional operating rules and information of the given site, the user will be prohibited or restricted from entering the Pod-O-Gym facility. This access restriction to the Pod-O-Gym premises is established and further adjusted by the Pod-O-Gym administrator.
 - b. For the admission of an unregistered person to the Pod-O-Gym, membership in the Pod-O-Gym is withdrawn, and access to the Pod-O-Gym premises is permanently prohibited.
 - c. Violating the rules of operation at any point may result in immediate withdrawal of Pod-O-Gym membership and a permanent ban on access to Pod-O-Gym premises.

Part XII

Final

1. The Pod-O-Gym administrator is responsible for the Pod-O-Gym facility, its operation and compliance with the operating rules.
2. Every user of Pod-O-Gym is obliged to comply with these rules of operation. During his first visit, the user confirmed that he had familiarised himself with these operating regulations.
3. These operating regulations come into force immediately after publication on the POD website.

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Kateřina Pilná

Head of the Pod-O-Lee Club

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Petr Huu Pham

Administrator of the Pod-O-Gym

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Jana Kosturská

Head of the department SUZ CTU