

Regulations of the MultiSport gym

1. The outdoor gym equipment is the property of Benefit Systems S.A. with its registered office at Plac Europejski 2, 00-844 Warszawa, KRS [national court register]: 0000370919, NIP [tax identification number]: 836-16-76-510, REGON [business entity statistical number]: 750721670, BDO [waste management register]: 000558784.
2. The outdoor gym is designed for recreation and exercise.
3. Before using the gym, you must read and comply with these regulations.
4. The gym is intended for adults and adolescents over 14, and use is free of charge.
5. Gym equipment should be used in accordance with its intended purpose and the instructions on the equipment.
6. Before exercising, check the technical condition of the equipment. Any defects should be reported to the gym administrator. The administrator's details, along with a contact phone number and emergency numbers, are provided at the bottom of the regulations.
7. **In the gym area, it is strictly forbidden to:**
 - a. bring, consume and be under the influence of alcoholic beverages, drugs or other intoxicants;
 - b. smoke tobacco and use electronic cigarettes;
 - c. shout and use words commonly considered vulgar and offensive;
 - d. trade, canvass and stick or leave advertisements and flyers;
 - e. photograph and film for commercial purposes without the consent of Benefit Systems S.A.;
 - f. let animals in;
 - g. bring dangerous tools, weapons, pyrotechnics, flammable and explosive materials;
 - h. conduct business without the consent of Benefit Systems S.A., in particular personal training;
 - i. leave minors unattended;
 - j. use bicycles and scooters;
 - k. play ball games and participate in other team games;
 - l. climb on top of equipment structures.
8. **Persons using the gym shall:**
 - a. comply with generally accepted rules of social conduct;
 - b. refrain from behaviour that may put other gym users in danger;
 - c. refrain from behaviour that may expose the equipment to damage or destruction;
 - d. keep the area clean;
 - e. exercise due caution in the use of gym equipment.
9. Persons using the gym equipment exercise at their own risk. If there is any doubt about the ability to perform certain exercises (especially if the exercising person is recovering from an injury, surgery, is pregnant or suffers from chronic diseases), an appropriate medical opinion should be sought.
10. Benefit Systems S.A. shall not be liable for the health consequences of your use of the gym resulting from your health condition or failure to comply with these regulations.

Emergency phone: 112