

## **SPORTS CLUB and SEA WELLNESS**

### **Internal Regulations**

#### **General Information:**

- **By purchasing a Baltic Beach Hotel & SPA sports club and "Sea Wellness" subscription and making the payment at the sports club's cashier, the client confirms that they have become acquainted with the club's internal regulations and undertakes to comply with them.**
- **The sports club and "Sea Wellness" do not refund money for a previously purchased subscription, however, there is a possibility of free subscription freezing and extension in emergency cases when the client cannot be provided with appropriate services, (including a state of emergency in the country, preventive and technical works in the club area, as well as the absence of a trainer who provides the relevant service).**
- **For the visit to the pool and fitness gym, the client is issued one towel for each zone included in the subscription; additional towel rental - 2 €/each.**
- **Drinking water is provided in the gym and fitness rooms; during the pool visit, clients can purchase drinking water separately.**
- **Children from 0 to 2 years are prohibited from being in the pool without swimming diapers.**
- **Special offers for seniors operate on weekdays in sessions that start at 10:00 am; 11:30 am; and 1:00 pm.**

#### **1. General Rules**

The internal regulations, safety, and behavior rules of the sports club and "Sea Wellness" (hereinafter - internal regulations) are intended to establish norms of behavior, internal order, mutual responsibilities, rights, and obligations of visitors, as well as employees of the sports club and "Sea Wellness".

#### **2. Service Usage Procedure**

2.1. Clients who have a paid and valid sports club subscription are allowed to use the services of the sports club and "Sea Wellness".

2.2. The subscription of the sports club and "Sea Wellness" is activated at the moment of purchase, except for gift cards with a specified validity period.

2.3. When purchasing a subscription, the sports club and "Sea Wellness" register the client's provided personal identifying information and electronic photograph, which the club administration is entitled to retain for service promotion and security guarantee purposes.

2.4. To become a member of the sports club and "Sea Wellness", one must purchase

one of the club subscriptions and receive a magnetic card, which must be presented at each visit to the sports club and "Sea Wellness". The subscription card may only be used by its owner. If the sports club and "Sea Wellness" card is lost or damaged, but the client wishes to visit the club, they can purchase a new card, paying 5€ for its production.

2.5. Club subscriptions may only be used by the sports club and "Sea Wellness" card owners and visitors of the "Baltic Beach Hotel & SPA"; it is forbidden to pass the card to other persons.

2.6. The sports club and "Sea Wellness" can be visited once a day with the club subscription; for additional visits to the fitness club, pool, or group classes, the client pays separately.

2.7. To suspend the subscription, the client must send a request to the email address: [spa2@balticbeach.lv](mailto:spa2@balticbeach.lv).

2.8. Persons from the age of 16 are allowed to visit the sports club and "Sea Wellness" without parental supervision, except for training under individual trainer guidance.

2.9. To maintain order, club visitors are required to place sports equipment in its designated area, cleaning it with a disinfectant beforehand. The seat and handlebar fastening screws of the exercise bike should be unscrewed and the seat disinfected; treadmills should be lowered to the starting position after each use.

2.10. In case of rule violation, the employees of the sports club and "Sea Wellness" have the right to terminate the visit and expel the client from the club premises, as well as impose a fine of up to 25€, temporarily block the member card, or cancel the subscription. In such cases, the payment for the subscription or club visit is not refunded. The sports club and "Sea Wellness" have the right to demand compensation for any damages caused by the client in full.

2.11. The sports club and "Sea Wellness" have the right to cancel a subscription if the club visitor regularly fails to comply with and significantly hinders the club visiting time specified in the subscription.

2.12. The club does not take responsibility for clients' left or lost personal belongings, nor is it responsible for accidents resulting from the client's own actions or force majeure.

2.13. In case of loss of an electronic bracelet, the client is obliged to pay a fine of 5€.

2.14. Clients who wish to view the sports club and "Sea Wellness" must wear changeable shoes or disposable shoe covers.

2.15. It is forbidden to visit the gym with an exposed upper body, barefoot, in inappropriate clothing and footwear.

2.16. For club members who have purchased a Full or AuqaFit subscription, the use of available equipment is included in the subscription price.

2.16.1. For each visitor or club member whose purchased subscription does not meet the conditions of Full or AuqaFit subscriptions, the rental fee for available equipment is 2 EUR.

### **3. Internal Order**

3.1. In the premises of the sports club and "Sea Wellness" it is strictly forbidden to:

- smoke (including electronic cigarettes), consume and distribute alcoholic beverages, narcotics, and other intoxicating substances, as well as to be in the club premises under the influence of alcohol, narcotics, or other substances;
- bring and consume any food, drinks (except water in plastic bottles up to 1000 ml), and cosmetic products in the pool, sauna, and gym;
- bring animals;
- distribute any goods and services and their advertising.

3.2. For general order and safety assurance, video surveillance and video data processing are conducted in the premises of the sports club and "Sea Wellness". By their arrival, the client consents to the processing and storage of these data.

### **4. Rights, Obligations, and Responsibilities of the Sports Club and "Sea Wellness" Clients**

4.1. Fitness club and pool clients have the right to:

- use the services of the sports club and "Sea Wellness" according to the terms of the purchased subscription;
- use other paid services of the sports club and "Sea Wellness", special offers, and discounts.

4.2. Club clients are not entitled to conduct private training sessions for other club visitors.

4.3. A client of the sports club and "Sea Wellness" can sign up for any class on a specific day and time. The club does not count as attended a class that is missed if the client has informed about the cancellation of the booking at least 3 hours in advance.

4.4. A client of the sports club and "Sea Wellness" is personally responsible for:

- their health condition and its suitability for club sports activities;
- damages caused to the club's equipment, facilities, and premises;
- compliance with the subscription rules and validity period.

4.5. Client cards must be used only for their intended purpose – for registering visits. Cards must not be bent, folded, stored at extremely high or low temperatures, or in magnetic fields (magnets, mobile phones, etc.). In the event of card damage, the client covers its renewal value.

4.6. Electronic locker locks must be used according to their usage rules, familiarizing oneself with the instruction manual located on the inside of the cabin doors.

4.6.1. In case the electronic locker lock gets blocked, the problem must be reported to the sports club administrator immediately.

4.7. Only clients who have purchased a one-time visit or subscription are allowed in the sports club and "Sea Wellness" zone. It is not permissible for accompanying persons to be in the sports club and "Sea Wellness" zone without purchasing and paying for the aforementioned visit, in outdoor clothes, street shoes, etc.

## **5. Rights and Responsibilities of the Fitness Club and Pool Administration.**

5.1. The administration of the sports club and "Sea Wellness" has the right to change the club's working hours, price list, class schedule, and other matters related to the club's operation.

5.2. Fitness club and pool employees have the right to expel and subsequently deny entry to the premises, as well as cancel the subscription and client registration without prior notice and compensation to clients who do not comply with the sports club and "Sea Wellness" internal regulations.

5.3. Fitness club and pool employees have the right to deny entry to the premises and refuse client registration and subscription purchase to persons who obviously may disturb or cause harm to the operation and/or interests of the sports club and "Sea Wellness".

5.4. The staff of the sports club and "Sea Wellness" have the right to deny participation in group classes if a client is more than 5 minutes late to the start of the class.

5.5. The sports club and "Sea Wellness" do not assume material and civil liability for damage to the client's health caused by not following internal regulations, warning signs, equipment usage instructions, staff instructions, as well as the client's own carelessness or other clients' actions.

## **6. Behavior Rules**

6.1. It is prohibited in the sports club and "Sea Wellness" area to:

- Behave loudly, offend, or otherwise disturb other club clients and staff; take photographs, film, and make audio recordings;
- Damage equipment, facilities, and premises;
- Occupy equipment and facilities unnecessarily and hinder other clients from using them;
- Randomly turn on, turn off, and adjust music centers, TVs, saunas, and ventilation equipment; perform intimate hygiene procedures such as shaving legs, beards, underarms, etc.; pour water and other liquids on sauna heating elements, and use honey, coffee grounds, and other body cleansing agents in it.

6.2. While in the sports club and "Sea Wellness," one must observe general cleanliness and orderliness, as well as personal hygiene rules; the pool area may only be visited in swimwear or swimming trunks.

6.3. In the saunas and relaxation areas, one must wear swimwear, swimming trunks, or towels; in the washing and sauna areas, it is recommended to use rubber slippers; for sitting on sauna stones, a towel must be used.

6.4. In the pool, sauna, and relaxation areas, one can use either their own or a towel provided by the sports club and "Sea Wellness" reception.

6.4.1. Towel issuance and use at the sports club and "Sea Wellness" reception comply with the towel issuance standard, which the club member becomes familiar with and acknowledges by signing at the time of the initial subscription purchase.

6.4.2. Each club member is issued a towel card, which, when presented during a visit, entitles them to one towel for the respective visit zone.

6.4.3. Club members are informed that the towel card must be used according to its

standards, and losing the towel card will result in a fine of 20 EUR, and the card will not be reissued without payment.

## **7. Safety Rules**

7.1. Before starting exercises in the sports club and "Sea Wellness," it is recommended to consult with a doctor, especially in cases of previous heart-vascular diseases, back or joint injuries, other serious illnesses, or if the client is unsure about their health condition's suitability for increased physical stress.

7.2. Immediately discontinue the exercise and inform club staff if unpleasant pains, dizziness, weakness, or discomfort occur.

7.3. Sports club and "Sea Wellness" equipment and inventory may only be used for their intended purpose and according to operating instructions; in case of doubt about the proper use of equipment and inventory, consult with club staff.

7.4. In the gym, it is prohibited to perform exercises with maximum weight load without a trainer's supervision.

7.5. Sports club and "Sea Wellness" staff must be immediately informed:

- About injuries or obvious health problems experienced by oneself or other clients;
- About other clients' improper behavior or conduct that violates the internal regulations or may cause injury or health risks to the violator or other visitors;
- About damage and defects to equipment and inventory.

7.6. During exercise, it is not recommended to wear rings, necklaces, hairpins, etc., that can pose a risk of injury.

I confirm that I have read and agree to the rules,

\_\_\_\_\_  
(Name, Surname)

Date: \_\_\_\_\_