

# Pool Hall Gym Terms and Conditions

**Acknowledgment of Risk:** I, the undersigned guest, understand and acknowledge that the use of the home gym and its equipment involves inherent risks, including but not limited to, physical injury, health complications, or property damage. I voluntarily choose to use the home gym facilities and assume all associated risks.

**Waiver and Release of Liability:** I hereby release, waive, discharge, and covenant not to sue the property owners, hosts, and any affiliated entities or individuals (collectively, the "Released Parties") from any and all liability, claims, demands, actions, or causes of action arising out of or related to any loss, damage, or injury, including death, that may be sustained by me or to any property belonging to me, whether caused by the negligence of the Released Parties or otherwise, while using the home gym, in accordance with the Unfair Contract Terms Act 1977 and the Occupiers' Liability Act 1957.

**Health and Fitness Acknowledgment:** I confirm that I am in good health and physical condition to use the gym equipment. I do not have any medical conditions or concerns that would make it inadvisable for me to use the gym equipment. If I have any doubts about my health, I will consult a medical professional before using the gym.

**Supervision and Safety:** I understand that children under the age of 18 must be supervised by an adult at all times while using the gym. I acknowledge that I am responsible for ensuring the safety of any minors accompanying me.

**Damages to Equipment:** I agree to be responsible for any damage to the gym equipment caused during my stay. I understand that the cost of repairs or replacements will be charged to me.

**Personal Belongings:** I acknowledge that I am responsible for my personal belongings while using the gym. The Released Parties are not responsible for any lost, stolen, or damaged personal items.

**Governing Law:** This waiver and release of liability shall be governed by and construed in accordance with the laws of the United Kingdom, specifically referencing the Unfair Contract Terms Act 1977 and the Occupiers' Liability Act 1957.

## **Gym Use Rules:**

1. **Use at Your Own Risk:** The home gym is available for use by guests at their own risk. The property owners and hosts are not liable for any injuries, accidents, or health issues that may occur while using the gym equipment.
2. **Health and Safety:** Ensure you are in proper health and physical condition to use the gym equipment. If you have any pre-existing conditions or are unsure about your ability to use the equipment, consult with a medical professional before using the gym.
3. **Proper Use of Equipment:** Use the equipment only for its intended purpose. Follow all instructions and guidelines provided for each piece of equipment. If you are unfamiliar with how to use any equipment, seek guidance before use.
4. **Supervision of Children:** Children under the age of 18 must be supervised by an adult at all times while using the gym. The gym is not a play area, and children should not be left unattended.
5. **Cleanliness and Hygiene:** Wipe down equipment after use with the provided cleaning supplies. This helps maintain a clean and hygienic environment for all guests.
6. **Appropriate Attire:** Wear appropriate workout clothing and footwear at all times. Bare feet, sandals, or open-toed shoes are not allowed.
7. **Respect for Others:** Be considerate of noise levels and respect the privacy and comfort of other guests who may be sharing the space or living in adjacent areas.
8. **Time Limits:** During peak times, please limit your use of each piece of equipment to 30 minutes if others are waiting.
9. **No Glass:** Glass containers are not permitted in the gym. Only water in sealed containers is allowed.
10. **No Chewing Gum:** Chewing gum is not allowed in the gym to maintain cleanliness and prevent potential damage to equipment.
11. **No Food or Drink:** Only water in sealed containers is allowed in the gym. Please refrain from bringing food or other beverages into the gym area.
12. **Strictly No Smoking:** Smoking is strictly prohibited in the gym and surrounding areas.
13. **Report Issues:** If you notice any damaged equipment or safety hazards, report them immediately to the host to prevent injuries to yourself and others.
14. **Emergency Procedures:** Familiarise yourself with emergency exits and procedures. In case of an emergency, call emergency services immediately.