

Kanazawa Municipal General Gymnasium

Training Room Rules of Use

1 December 2022

Use of the equipment in the training room may result in injuries, so please follow the rules and practice good manners for your own safety as well as to help maintain a comfortable environment.

Please observe the rules of use, posted notices, and instructions of the staff when using the training room, and use at your own risk.

【User Registration】

- User registration is required before making use of the training room. At the time of registration, you will be given instructions on how to use the training room and each piece of training equipment, before being issued your membership card.
- Any changes to your registration information or loss of your membership card must be reported to the training room reception as soon as possible. If you wish to cancel your registration, please make sure to notify us.
- The membership card may only be used by the registered member and cannot be lent or transferred to a third party.
- User registration is not available to junior high school students and younger. We also request that junior high school students and younger refrain from entering the training room.

【Validity Period】

- Your registration will be deleted after two years from the date of last use.

【Application for Usage】

- Please pay the usage fee at the gym reception desk before submitting your membership card at the training room reception. Your card will be returned to you when you leave.

【Use of Equipment】

- Please wear suitable exercise clothing and indoor shoes.
- Please remove any accessories that could lead to accidents or injury.
- Please handle the training equipment carefully and correctly and use it in accordance with its intended purpose.
- Take responsibility for your own safety and the safety of those around you.
- Always train with a spotter when doing free weight exercises such as bench presses.
- Please do not take equipment out of the room or move it from the place where it is installed.
- After using the equipment, please clean away sweat and such from the places you touched using the disinfectant solution provided and return the equipment to its original position and condition for the next user.
- In the event of accidents, injuries, or damage to the equipment, please inform a member of staff immediately.
- If the equipment is damaged, you may be asked to bear the cost of repairs.

【Personal Equipment】

- Customers are not allowed to bring their own equipment.

【Rules of Conduct】

- Please refrain from any behaviour that may cause inconvenience or discomfort to other guests.
- People who are in poor health, under the influence of alcohol, or who have been advised by their doctor to refrain from exercising, are not permitted to use the room.

- Please refrain from using items such as your mobile phone or tablet (for talking, texting, etc.) inside the room.
- Please do not monopolise the equipment or reserve it for a later time (ex: with your luggage).
- Please share the equipment with other users.
- The training room is for individual use. Please refrain from using the room for group or club activities.
- Eating and drinking is not permitted in the rooms, except for rehydration.
- Only bottles with lids are allowed for rehydration purposes.
- Tattoos and similar body art must be completely concealed from view such as by clothing or tape.
- Please store your luggage in the changing room lockers and refrain from bringing it with you to the training room.
- Please refrain from any behaviour that may disturb the public morals or public order in the facility, or that may be disruptive to other users or to the staff.
- If you fail to comply with the rules of use, posted notices, or other precautions given by staff, or if you are deemed unable to comply, you may be asked to leave the premises. In such cases, the usage fee will not be refunded.
- The gymnasium bears no responsibility for any issues or damage caused by inappropriate use or problems with third parties.

【Other】

- Changes to the facility opening hours or the availability of the equipment may occur due to cleaning, equipment maintenance, or others.
- Please only register if you have read and understood these rules and are able to comply with the rules of use, posted notices, and any precautions given by staff.
- These rules are subject to revision. Revised rules of use will be posted on the Kanazawa Sports Net website. If you use the facilities after revisions have been posted on the website, you will be deemed to have agreed to the revised rules of use.

※If you have any questions, please ask a member of staff.

Kanazawa Municipal General Gymnasium TEL 076-247-0088