

# COMFORT RULES

**AT HEALTH CENTRE GRÖNDAL WE RESPECT EACH OTHER AND EACH OTHER'S TRAINING AND HELP EACH OTHER TO KEEP THE FACILITY PLEASANT**

- Age limit is 16 years to be allowed to be in the gym and participate in group training
- Mobiles should be on silent mode. No video calls in the gyms and locker rooms
- We have a normal conversation level
- Physiotherapists, personal trainers and instructors have priority to the gym machines
- Pre-booked activities in the "Blåa hallen" have priority. Do not disturb and please show consideration
- We always offer to share the gym machine/gear
- We dry off gym machines/training gear immediately after use and return it to the right place
- Indoor shoes and appropriate clothing on during training
- Children may only stay in "Blåa hallen" together with an adult when there is no other activity



*All participation / utilization of Health Centre Gröndal's machines and activities is at your own risk. The participant is responsible for having adequate insurance for, for example, accidents, personal loss or damage to property.*

SERVICE MANAGEMENT

**HÄLSOCENTER  
GRÖNDAL**

**PROHIBITION  
OF ALL FORMS OF USE  
AND MANAGEMENT OF  
DOPING PREPARATIONS  
AND DRUGS.  
RANDOM CONTROLS  
MAY OCCUR.**