



# Vett och etikettsregler för Rnd gym

För din och de övriga tränandes trivsel finns ett antal regler som vi vill att du följer när du tränar i våra lokaler. Vid eventuell överträdelse av träningsreglerna har Rnd gym rätt att vidta åtgärder. Som tränande är du alltid skyldig att informera oss om du ser att någon bryter mot våra regler.


## Trivsel

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- På Rnd gym behandlar vi våra medmänniskor med ömsesidig respekt.
  - Trivsel är en personlig värdegrund och är inte alltid samma för alla individer.
  - Alla tränande skall känna sig välkommen och kunna njuta av sin träning.
  - Tänk på ljudnivån, det är inte tillåtet att skrika eller droppa vikter i träningslokalen.
  - Enbart personer med giltigt träningskort får vistas i lokalen.


## Ordning och reda

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- Håll rent och snygg i lokalen, rengör omklädningsrum och toaletter efter dig.
  - Endast inneskor är tillåtna för att skapa ren lokal och minskat slitage, vid överträdelse kan ersättning krävas för extra städning.
  - Använd handduk i förebyggande syfte samt torka av maskiner efter användning.
  - Det är inte tillåtet att blanda shakes i våra lokaler.
  - Återställ alltid träningsutrustning till dess avsedda platser.
  - Musiken i lokalen får ej ändras, egen musik får endast spelas i egna hörlurar.
  - Hjälp varandra att hålla ordning och gör det på ett trevligt sätt.


## För din och omgivningens skull (även våra grannar i huset)

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- Förbudet att droppa och släppa träningsredskap, behöver du pusha gränsen, be om passning/hjälp, våra grannar i huset uppskattar inte ljudet av släppta vikter.
  - Förvara dina värdesaker i de låsbara värdeskäpen.
  - Andra tillhörigheter som ytterkläder, väskor bör även förvaras i de låsbara skåpen.
  - Krita/magnesium är förbjudet i lokalen. Använd genomskinlig greplotion om du har behov, finns att köpa hos Teamed på våning 2.
  - All utrustning måste användas på korrekt sätt med försiktighet under eget ansvar.


## Doping och kosttillskott

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- Personer som tidigare är fälld för dopingbrott äger ej rätt att vistas i lokalen.
  - Olagliga preparat som exempelvis anabola androgyna steroider är strikt förbjudna.
  - Vid misstanke om användning eller innehav kommer polis att kopplas in.
  - Kosttillskott är något en idrottare inte behöver och som kan innebära en risk för olycksfallsdoping.
  - Rnd gym har valt att ta avstånd till eventuella kosttillskott i våra lokaler.

## Hel, ren och välvårdad

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- Se efter eventuella sår. För smittorisken är det inte tillåtet att träna blödandes eller gå barfota inne i gymmet, plåster finns på angiven plats i lokalen.
  - Klädsel avsedd för träning som ej stör omgivningen, tänk på varandras integritet, bar överkropp eller löst sittande tanktops är inte acceptabel klädsel i lokalen.
  - Träningskläder börjar lukta efter användning, tänk på att även personliga dofter och svettlukt kan vara kraftigt störande för din omgivning.

## Sekretess

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- Förbudet att filma dig själv och andra i omklädningsrummen eller toaletter.
  - Om du vill filma/fota dig själv i gymmet så är det ditt ansvar att fråga andra som kan råka bli sedda om tillåtelse och samtycke.

Se även sid 2 och 3 för fullständiga villkor



# Training terms at Rnd gym

## § 1. Training cards

All training cards in Rnd gym are personal. The minimum age for signing a training contract is 18 years (however, training clients may be under 18 years old and exercise independently without the parent's attendance at the age of 15). Exercise and fitness rules apply to the Rnd gym.

## § 2. Training card and contact information

When visiting the facility, a training person must register at any time by drawing his training card. A training person is required to always carry out his training card while staying at the facility, even during training, so that this can be demonstrated in the continuous checks. In case of loss of training card or if it is damaged so that it becomes unusable, this must be notified immediately to the reception, which will issue a new training card for a refund of 100 kr. A training person is required to promptly notify Rnd gym changes of name, phone number, mail and other information provided. Contact with training usually takes place via mail. All correspondence will be sent to the training person's national posting address.

## § 3. Payment

The agreed price requires payment to be made in the agreed manner. A training person is a person responsible for payment of Rnd gym (under 18 years old, so is the parent responsible for payment). This applies even if someone else on the signing of the training contract has been declared responsible for the payment.

### Half or full-year payment

When signing a half-year or full-year contract, the fee is paid in full upon the signing of the training agreement.

### Payment by Autogiro

Only physical persons can pay by autogiro, no company. Payment of training fee is payable on a monthly basis in advance on the 29th. Training person undertakes to ensure that the amount is in the posted account by the banking day before the 29th. If the 29th is a holiday, deduction must be made from the following bank day. Payment of autogiro payment payments shall be deemed to have been made until further notice. If the 1st is a holiday, deduction will be made from the following bank day. If there is no funds available at the regular draw, Rnd gym will request the training person to pay immediately and within 10 days of the request. If no payment is made, the training person will be suspended until full payment, including interest and costs, occurs. Shutdown does not cause the training card time to freeze but the time for the training card is continued and consumed.

### Price adjustment under current agreement

Campaign paid by autogiro will automatically change after 12 months to the current regular price. Retroactive price adjustments are not made.

## § 4. Term of appointment

Rnd gym has no mandatory maturity on monthly agreements with payment by autogiro. The notice period is 3 months after the Rnd gym has received a termination of the training (full calendar months apply). The termination can be made as long as it is committed, but will come into force when the agreement expired. Half-year and full-year contracts have a contractual period of 6 and 12 months, respectively, and will continue after the first purchase with 3 months notice period.

## § 5. Freezing, transfer and termination of training contracts

Freezing of training contracts is possible at an administrative fee or free of charge upon presentation of medical certificates for long-term sickness or pregnancy. The training contract can be frozen for no more than 12 months. After the freeze period expires, the training card will be activated automatically. Freezing can not be done afterwards. As a training person, I am responsible for receiving and, if necessary, showing a receipt of my freezing.

### Transfer

Transfer of the training card can take place 1 time. The person who took over a training card can not transfer it. Upon transfer of training cards, the transferring training person shall pay a transfer fee of 200 SEK to the Rnd gym. Overtaking training will pay 150 SEK in administrative fee as well as accepting these terms in writing and finally approved by the Rnd gym. Ongoing monthly agreements, opening and promotional offers can not be transferred. Cancellation of training cards will be done via my pages at [www.rndgym.se](http://www.rndgym.se) or by mail to the head office with the signature of the payer.

### Termination

A termination is always binding and can not be regretted. The training card can always be interrupted by the Rnd gym with immediate effect if the training person violates any of the terms of the agreement, also applies to the Rnd gyms. Witness and label rules. The payee's payment obligation remains the notice period in this case. A termination of a training card may also occur if the staff consider that the training person is considered unfit to practice at the Rnd gym. In these cases, any payment and settlement obligations will be assessed on a case-by-case basis.

## § 6 Health Authorization

The training person is responsible for his / her state of health so that the training without risk is possible to participate in the activities and work out at Rnd gym.

## § 7. Well-being rules and training regulations

The premises are intended for exercise-related activities and may be used by the training person exclusively for training. A training person may not be in the premises under other conditions. It is incumbent on training to comply with current well-being rules and instructions regarding training practices and the use of equipment communicated, in writing, orally, or by the Rnd gym's staff. A training person is always expected to occur in a way that does not interfere with other training or staff. If exercising appears to be disturbing or not complying with the rules of good conduct and instructions, Rnd gym is entitled to limit the times the trainer may be staying at the facility or the training person's use otherwise by the facility or completely discontinue the training card, with the training person's payment obligation for the current contract period.

## § 8. Guest

A training card can invite a maximum of one (1) guest per year and only after this has been approved by the Rnd gym in advance. If the training person takes a guest without approval from the Rnd gym, a fee of 1500 SEK will be charged and suspension according to § 5.

## § 9. Doping and nutritional supplements

Rnd gym takes a complete distance to doping and the use of dietary supplements. A training person that has previously been caught for doping is not allowed to hold a training card at Rnd gym. Rnd gym reserves the right to contact the police in case of suspicion of the use of doping-classified substances. The police investigates the training person and performs tests of training persons if the assessment is such. Upon closed police case with convictions, the training person will not be able to apply for a new training card at Rnd gym. See Section 5 of the Rnd gym Training Agreement.

## § 10. Liability for accidents and property

Rnd gym does not respond to personal injury, property damage or loss of the training persons property other than if the injury or loss occurred due to the fact that Rnd gym acted grossly negligently.

## § 11. Price changes

A price increase on current contracts shall be announced 3 months before it enters into force. Training persons who terminate their agreement due to a price increase are protected against the price change during the notice period.

## § 12. Personal data

Rnd gym stores automatic data processing personal data in a database in compliance with the provisions of the GDPR. A training person agrees that the Rnd gym collects and processes the personal information necessary to comply with this agreement. Training also agrees that the submission of personal data may be used for the promotion of different goods and services. Entry when plant is unmanned is through passage systems and personal login. These data are only stored on each individual training card and it is these data compared to what is read at the time of entry. Training persons have been informed that the entrance and the facility for safety reasons are camera monitored and approved in connection with the signing of their training agreement.

## § 13. Identification

For Autogiro agreements, a Swedish social security number, Swedish private account number and must be able to sign the agreement via mobile Bank ID via the Rnd gym web-shop.

## ADDITION TO BUY WITHIN THE INTERNET

Sections 14-16 only apply when training persons sign a training agreements via Rnd gym's website.

When purchasing via the internet, distance contracts are applied.

Buying via the internet is personal in the sense that it is only the one who will be training who can sign the agreement via the website.

Training persons has approved via the website that the provisions of this agreement apply to the training card.

## § 14. Right of withdrawal

The training person is entitled to cancel his purchase within 14 days of purchase, by notifying Rnd gym. The training persons training card will end and this will be refunded. The right of withdrawal is valid on terms that the training card has not been retrieved. Training persons can regret their purchase by e-mail to the headquarters via the Rnd gym's website [www.rndgym.se](http://www.rndgym.se)

## § 15. Payment

Payment of starting fees for the agreement is made on the Rnd gym's website as instructed there. When signing a training agreement with a monthly payment by autogiro, the training person undertakes to notify, in immediate connection to the subscription, the autogiro via his internet bank with Rnd gym as a payee.

## § 16. Terms of delivery

The agreement will commence on the day the purchase is registered on the website or when ordering via a wellness portal or invoice, not the day the training card is collected. The training card is retrieved by the training person as the welcome email facility during the opening / opening hours of the reception / delivery venue. Welcome email will be sent to the e-mail address provided at the time of purchase.

## DIRECT DEBIT PERMISSION

Sections 17-18 apply only when exercising signed training agreement with Autogiro Payment.

## § 17. Consent for payment via Autogiro

Signed ("payer") allows payment to be made by withdrawal from the specified account or by the payer later account, at the request of the designated payee for payment to this on a certain day ("due date") via Autogiro. The payer agrees that processing of personal data provided in this consent is processed by the payer's payment service provider, the payee, the payee's payment service provider and the Bank Giro Center (BGC AB) for the administration of the service. The person responsible for this personal data processing is the payer's payment service provider, the payee and the payee's payment service provider. The payer may request access or rectification of your personal information at any time by contacting the payer's payment service provider. Additional information about processing of personal data in connection with payments can be found in the terms of the account and in the agreement with the payee. The payer may at any time withdraw his consent, which will terminate the service in its entirety. However, this does not mean that the payer's agreement with the payee is terminated, in this case Rnd gym.

## § 18. Description

### Generally

Autogiro is a payment service which means that payments are made from the payer's account at the initiative of the payee. In order for the payer to pay via Autogiro, the payer must leave his consent to the payee to initiate payments from the payer's account. In addition, the payer's payment service provider (e.g., bank or payment institution) must authorize the account to be used for Autogiro and the payee must approve the payer as Autogiro user. The payer's payment service provider is not obliged to review the eligibility of or notify the payer in advance of the requested withdrawal. Deposits are charged to the payer's account in accordance with the rules applicable to the payer's payment service provider. Notice of withdrawal receives the payer from their payment service provider. The consent can be transferred to another account with the payment service provider or at the account of another payment service provider at the request of the payer. The payer shall immediately inform the payee of this.

### Definition of banking day

Bank-day refers to all days except Saturday, Sunday, Midsummer Eve, Christmas Eve or New Year's Eve or other public holiday.

### Payment information

The payer will be notified by the payee of the amount, due date and payment method no later than eight banking days before the due date. This can be announced for each individual due date or at an event concerning your future due dates. If the notice concerns your future due dates, the notice must be submitted no later than eight banking days before the first due date. This does not apply, however, when the payer approved the withdrawal in connection with the purchase or order of goods or services. In that case, the payer receives notification of the payee on the amount, due date and method of payment in connection with the purchase and / or order. In this case, it is regulated in section 3. By signing this consent, the payer agrees that payments covered by the payee's notice under this item are implemented.

### Coverage must be on the account

The payer will ensure that coverage is available on the account no later than 00:01 on the due date. If the payer does not cover the account on the due date, it may mean that payments are not made. If coverage is not available for payment on maturity, the payee may make additional attempt attempts during the coming banking days. The payer can, upon request, receive information from the payee about the number of withdrawal attempts.

### Stop payment (withdrawal of payment order)

The payer may terminate a payment by contacting either the payee not later than two banking days before the due date or payment service provider by the bank day before the due date at the time specified by the payment service provider. If the payer stops a payment as described above, it means that the current payment is stopped on an individual occasion. If the payer wants all future payments initiated by the payee to be stopped, the payer must revoke the consent.

### Term of validity, revocation

The consent is valid until further notice. The payer is entitled to withdraw the consent at any time by contacting the payee or their payment service provider. The notice of withdrawal of consent shall, in order to stop payments not yet made, be available to the payee no later than five banking days before the due date, or be the payer's payment service provider by the bank day prior to the due date at the time specified by the payment service provider.

### The right of the payee and the payer's payment service provider to terminate the connection to Autogiro

The payee is entitled to terminate the payer's connection to the Autogiro thirty days after the payee has notified the payer accordingly. However, the payee is entitled to immediately terminate the payer's connection to Autogiro if the payer has repeatedly not had sufficient account balance on the due date or if the account to which the consent is intended to terminate or if the payee assesses that the payer should not participate in Autogiro for other reasons. The payer's payment service provider is entitled to terminate the payer's connection to the Autogiro in accordance with the terms and conditions between the payer's payment service provider and the payer.

### Bank Giro Centers, BGC AB

BGC AB is responsible for managing the Autogiro on behalf of the Bank. The payer therefore allows data from the bank's register on the account's address to be co-processed with the Bankgirocentral's data to an address register.

### § 19. Force Major

Rnd gym disclaims liability in case of non Rnd gym's liability at, for example, fire or other non-responsible event. For example, if the Rnd gym end up in a situation of standing without an indefinite period and no new local can be applied in the foreseeable future, all training persons will be contacted for a termination of training card. If Rnd gym is in a reasonable future, it is possible to get a temporary or new venue for training. The training card will continue as usual until the venue is occupied.