

# ALORA

Association de LOisirs, Rencontres et Ateliers



## RULES AND REGULATIONS

### **1 : Opening hours :**

All members of ALORA are free to use the facilities at their own risk every day from 7 am to 7 pm.

### **2 : Use of the equipment :**

All equipment is to be used at your own risk. If you need help or advice, don't hesitate to contact Bernard ([bernard.digioia@oecd.org](mailto:bernard.digioia@oecd.org)) or Franck ([franck.gibello-sacco@oecd.org](mailto:franck.gibello-sacco@oecd.org)) who are available on week from 12:00 to 1:00 p.m.

- The use of a towel is obligatory when using the machines.
- Remember to warm up before starting a training session and to drink while exercising.

### **3 : Putting away equipment :**

- The equipment made available must be used carefully and put away in an acceptable manner at the end of your session so as not to disturb the smooth running of the other activities in the Fitness Room.

### **4 : Hygiene :**

- The premises must be kept clean.
- You must use a towel while exercising.
- A paper towel distributor and wipes are available in the room. For sanitary reasons, you must wipe down the fitness equipment after use.

### **5 : Dress code :**

- You must wear a pair of tennis shoes/trainers that are reserved exclusively for use in the Fitness room. City shoes are prohibited in the room in order to preserve the floors, mats, and machines.

### **6 : Liability :**

- Use of the equipment is at your own risk.
- Accidents can occur if the equipment is not used correctly or if instructions are not followed (in particular for the bench press). Proceed with care and don't hesitate to ask for advice.

### **7 : Rules of use :**

- Entering this room and using the equipment made available to you implies that you have agreed to follow the above rules and regulations. [If this is not the case, ALORA is entitled to take the necessary measures against such non-compliers and reserves to right to refuse them access to the Fitness Room.]