

Tervola Gym – Guidelines and House Rules

Welcome! To keep the gym safe and enjoyable for everyone, please follow these simple rules:

- Access: Your electronic key works every day from 05:00 to 24:00.
- Check the schedule for group reservations before you start.
- Age limit: Minimum age for gym use is 13 years.
- Put equipment back: Return weight plates to racks and other gear to their proper places after use.
- Report issues: If something breaks, call 040 521 6235 or note it in the fault report book.
- Train responsibly: Exercise at your own risk. The gym does not provide insurance and is not liable for injuries.
- Use equipment carefully and follow instructions.
- Respect others: Everyone has the right to train safely and comfortably.
- Dress appropriately: Wear suitable workout clothes and indoor sports shoes.
- Clean machines: After using cardio equipment, wipe it down with the cleaning solution provided.
- No outsiders: Do not let anyone in with your key.
- No smoking or substances in municipal buildings or on their grounds.
- Gym is for training only: Loitering or other activities are not allowed.
- Personal belongings: The municipality is not responsible for your items.
- Rule violations: Breaking these rules may lead to loss of access.
Vandalism will result in liability and compensation.
- Video surveillance is in use for safety.

Enjoy your workout!