

## OPERATING REGULATIONS – treadmill FIT BUT, campus Božetěchova 1, 2

**These treadmill operating regulations contain the set of rules that specify how the object is run and how to keep it safe and well kept. These regulations complement the operating regulations of the FIT BUT campus and all employees working on this campus and all persons on the campus must follow it.**

### General provisions

1. These regulations are in accordance with the Act no 258/2000 Coll. on protection of public health as amended by the related law.
2. The treadmill is in the FIT library and is owned by FIT BUT.
3. The treadmill is intended to be used during the fee time of the students and employees of FIT BUT that can use it.
4. It is forbidden to use the treadmill under the influence of alcohol or drugs.
5. People with health complications (illnesses of the circulatory system – heart, arteries, high blood pressure, musculoskeletal system illnesses, diabetes, etc.) must consult the use of the treadmill with their doctor before using it to set the appropriate boundaries.
6. Injuries must be reported to the FIT reception, the first aid kit being located there. If necessary, call the emergency number 155 or 112.
7. In case of fire, the visitor must take every action possible to put the fire out and call for help immediately.
8. In the area around the treadmill eating, drinking, smoking, working with open fire, drinking alcohol, and using drugs is forbidden.
9. In the entire area of the library, the visitor must respect the operating regulations, respect common decency, keep the area clean and orderly, not waste water and electricity and not damage the library equipment.

### Working hours, when it is possible to use the treadmill

10. Daily from 6:00 AM until 10:00 PM. During the opening hours of the library, the access is permitted via the library entrance. Outside of the library working hours, the employees can enter after borrowing the key on the FIT reception (where it is necessary to put back afterwards and make sure that the area is secured).

### Conditions of use of the treadmill

11. All interested users must obey these rules after entering the library.
12. The user must have valid reservation in the information system.
13. Before using the treadmill, the user must familiarize themselves with the correct way to exercise and treadmill operation. Both are placed near the treadmill.
14. The entry on the treadmill is allowed only in a clean sport boots and in exercise clothing.
15. The users must use towels to keep the treadmill sweat free.
16. The users use all the equipment on their own risk. Before using the equipment, they must make sure that the equipment is not damaged.
17. The users make sure that the room is properly ventilated.

18. The users adopt the exercises to their abilities.
19. The users must prevent potential injuries by limbering up before exercise and by performing exercises precisely.

**It is forbidden to:**

20. Bring anything to the vicinity of the treadmill that could damage it. Only things allowed in the vicinity are the towel and non-alcoholic drink in plastic bottles.
21. Bring any glass bottles or food, eat the food.
22. Modify the treadmill or move it.

**Closing provisions**

23. FIT BUT is not responsible for any damage on the visitor's belongings brought to the library area to use with the treadmill.
24. FIT BUT is not responsible for any injuries or any other health consequences that arise from using the treadmill.
25. The library is monitored by CCTV system to protect equipment, maintain safety, and prevent criminal behaviour. The recordings are accessible only to the FIT BUT employees.
26. The entry to the library can be forbidden to the visitor that breaches these regulations. If the visitor damages the equipment, the financial compensation could be demanded.

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