

Rules of Conduct of SAMS GYM GmbH

Version 2.0 of 10.09.2026 · The German version prevails.

 **Please note:** This is the complete and sole authoritative version of our rules of conduct. They form an integral part of your contract (GTC section 11.4) and apply to everyone on our premises, including guests, accompanying persons and trial workouts.

Notices, signs and price lists in the studios reproduce the most important points in abbreviated form. They are **not exhaustive** and do not create any differing rights, regardless of when they were put up. In the event of a conflict between these rules of conduct and the GTC, the **GTC** prevail.

Dear member, for a great training experience for all of us we rely on respect, safety and cleanliness. These rules of conduct are binding and supplement our GTC. Thank you for playing your part!

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1. Clean & tidy

Shoes: Enter the training area only in clean indoor shoes that have not been worn outdoors. **Separate sports shoes alone are not enough.** What matters is that you put your shoes on inside the studio. Anyone walking across the car park, the underground garage or the street brings dirt in, sports shoes included.

Towel: Always use a towel as a mat.

Tidying up: All equipment you have used belongs back in its place, completely. Please clean the machines you have used.

Weight plates: Please do not lean or place them against the walls.

Eating and smoking: Not permitted in the training area.

Lights: Please switch off the lights in the areas you have used after training.

2. Changing room & locker key

Clearing your locker: The lockers are day lockers. Please clear yours completely after every workout. They are not storage space, belongings must not stay locked in overnight or for several days.

Locker key: The key belongs to the locker and stays in the studio. Please leave it in the lock when you go. If a locker key is lost or not returned, we have to replace the entire lock. For this we charge **CHF 50.-** per lock, which covers parts, shipping and labour.

Not to be confused with your **access key** for the studio door. Separate rules apply to that one, see **section 6**

Your own padlock: A padlock you bring may only be on the locker while you are present in the studio. Please take it off again when you leave. Padlocks that stay on a locker for more than 48 hours will be removed after prior notice. For this too we charge **CHF 50.-** per case. We keep the contents for a reasonable period (GTC section 10.4).

Valuables: Please use the lockable lockers. No liability is accepted for items that go missing (GTC section 10.1).

Lost property: Please report items you have found or are missing via our **contact form**

3. Training considerably

Respect: A fair, friendly and respectful way of dealing with one another. Any form of discrimination, harassment or aggressive behaviour is prohibited.

Equipment: Treat the training equipment with care. Please report defects without delay via our **contact form** or directly to a member of staff if someone happens to be on site. Anyone using a machine despite a visible defect does so at their own risk (GTC section 11.2).

Weights: Do not drop dumbbells uncontrolled. Put weight plates down in a controlled and quiet manner, please do not slam them. Use dumbbells in the strength area only.

Position: Please leave the training equipment in its designated place and do not move it.

External trainers: Bringing your own trainer who is not employed by SAMS GYM is permitted only with prior registration and approval and costs **CHF 50.-** per session (GTC section 14.2).

4. Noise & night-time quiet

Music and videos through headphones only, no speakers. Keep phone calls at a reasonable volume. The studio music is switched off overnight, please be particularly considerate towards the others training during that time.

5. Privacy & safety

Escape routes: Escape routes and emergency exits must be kept clear at all times, please do not block them with bags or equipment.

Filming or photographing others: Strictly prohibited. Recordings in which other people are identifiable or whose privacy is affected are prohibited for reasons of personality protection. Breaches may have consequences under civil and criminal law and lead to an immediate ban from the premises (GTC sections 16.2 and 11.3).

Filming your own workout: Permitted, but only under three conditions (GTC section 16.3):

- Only your own workout is in the frame and no other person or their property is identifiable.
- The recording is made between 21:00 and 06:00.
- You do not use tripods or recording equipment that disrupts operations or other members.

Clothing: Please wear appropriate sportswear with your upper body covered. The exception is CrossGYM Susten, where training with a bare upper body is permitted for everyone.

Sobriety: Train only free of alcohol and drugs (GTC section 11.1).

Emergencies: Every studio has a defibrillator, a first-aid kit, fire extinguishers and an emergency cordless phone. The locations and the procedure are set out in the emergency plan in our information portal.

6. Access

Personal: Your access key is strictly personal and non-transferable. Please do not let unauthorised persons in.

Guests: Trial workouts and guests only with prior online registration via our website (GTC section 4.4).

Loss: If you lose your access card, you order a new one via our form; the activation fee is **CHF 29.-**. Alternatively there is the digital smartphone key for CHF 1.90 per month.

7. Minimum age & checks

Minimum age: No access to the training area for children under 14. Young people aged 14 and over only with their own valid membership.

Contracts with minors: Under the age of 18 the consent of a legal guardian is generally required; under the age of 16 an online conclusion is not possible (GTC section 6).

Checks: Access key and identity document must be shown on request (GTC section 17.5).

Safety rules: With every new membership the current safety rules and rules of conduct must be actively confirmed.

8. Health & own risk

By registering you confirm that, in your own assessment, you feel physically fit and in a suitable state of health to take part in training (GTC section 9). If you have health concerns, pre-existing conditions or are pregnant, we strongly recommend seeking medical advice before you start training.

Training is at your own risk (GTC section 10). Our studios are unstaffed; there is no guarantee that staff will be on site at any given time (GTC section 10.3). Accident insurance is the member's own responsibility.

9. Charges at a glance

Case	Amount	Basis
Locker key lost or not returned	CHF 50.- per lock	these rules
Padlock removed after prior notice	CHF 50.- per case	these rules
Training area badly soiled or repeatedly left untidy	CHF 50.- per case	GTC section 11.5
External trainer	CHF 50.- per session	GTC section 14.2
Replacement access card	CHF 29.-	price list

These amounts cover our actual costs, they are not a penalty. We reserve the right to claim further damages, for example for repairs, cleaning or replacements.

10. Breaches

In the case of repeated minor breaches, a warning is generally issued first. Serious or repeated breaches may lead to **termination without notice** of your membership without refund, plus an administrative fee of **CHF 50.-** (GTC section 11.3). The management assesses each case according to the nature, severity, reach, effects and intent of the behaviour.