GENERAL 360° extrem REGULATIONS

V.- PROHIBITIONS

Article 14.- It is forbidden:

1. To do anything that seriously disrupts, annoys or puts other users in evident danger.
2. To do anything that makes it difficult, creates obstacles or prevents the development of manoeuvres by other users, that could cause material damage to the facilities or injure other users and/or that affects hygiene and public health in general.
3. To bring objects made of glass or metal, inflammable, dangerous or harmful substances into the sporting zones, such as weapons, knives or pointed items that could cause damage.
4. To have improper, racist or intolerant attitudes.
5. To smoke, consume alcoholic drinks or any psychotropic substance.
6. To eat or drink in the sporting facilities or in the changing rooms.
7. To take photographs or record videos of other users without the previous consent of the Centre and the users in question.
8. To cede or rent out reserved sporting spaces to third parties.
9. To manipulate the elements and equipment in the zones, whether they are fixed or mobile, except with the express authorisation of the direction or of those responsible for the spaces.
10. To bring in animals, apart from guide dogs, which may only have access to the zones for passive users.
11. For any pregnant woman or person under the clear effects of alcohol and/or psychotropic substances to carry out any kind of sporting activity in the Centre.

VI.- RECOMMENDATIONS FOR USERS OF THE FACILITIES

Article 15.- Users of the Centre are recommended:

1. To undergo a medical examination before starting any physical activity, especially if they have been inactive for a long period of time or have suffered from some disease.
2. Not to take valuable objects into the sports facilities.
3. To take health and safety measures.
4. To be aware of the limitations of their own level when carrying out physical exercise or training.
5. To be attentive to the instructions given by the staff at the Centre.

VII.- USERS' OBLIGATIONS

Article 17.- Users are obliged:

a) To obey the instructions of the staff at the Centre.
b) To comply with the specific regulations of each zone.
c) To pay the current prices for the use of the facilities.
d) To respect other users and staff at the Centre, doing what is necessary to maintain a harmonious atmosphere and good sporting practice.
e) To use the facilities and materials correctly.
f) To wear suitable clothing, footwear and protections for the activities to be carried out in the Centre.
g) To respond to any personal and/or material damages caused to other users of the Centre or to staff.
h) To inform the staff at the Centre about any anomaly they may detect in the facilities or the materials.
i) Overall, to respect the regulations for the functioning of the Centre.