

Rules and scope of operations of the University Sports Center

1. General rules:

- 1) The University Sports Center at św. Józefa 17 in Toruń is reopening in its full scope of operations as of 1 October 2020, i.e. it shall open for users: the swimming pool, the gym, the fitness room, the conference room, and sports hall.
- 2) The users of the Center shall be required to follow temporary instructions issued by the Sports Center Staff, particularly about issues related to the state of epidemic.
- 3) Individual limits for the number of persons staying at a given time in the area of the the Center or on its premises are established pursuant to the guidelines of the Ministry of Development and the Chief Sanitary Inspectorate.

2. Specific rules for individual buildings of the Center:

- 1) University Sports Center at św. Józefa 17:
Opening hours:
Monday – Friday 7.00 - 22.00
Saturday, Sunday 8.00 - 22.00
- 2) University Sports Center at Gagarina 35:
Opening hours:
Monday – Friday 6.00 - 22.00
Saturday, Sunday closed

3. Specific rules on the use of the University Sports Center for the duration of the state of epidemic in the country in connection with the introduction of specific restrictions, orders, and bans:

- 1) The Services of the Center shall be accessible to users on the basis of a schedule approved by the Director of the Center.
- 2) The Director of the Center, pursuant to the applicable laws, shall determine the number of Clients who may use the Center's infrastructure. This number shall be constantly updated on the website of the Center.
- 3) The Center may be used by organised groups at a charge upon prior request by an authorised entity submitted via e-mail to ucs-sekretariat@umk.pl, ucs@umk.pl or by telephone on 056 6114581 or 056 6114374.
- 4) The stands, including the audience gallery, and the seats of the Center shall be taken out of the use for the duration of the epidemic. The Director of the Center may decide to open the stands pursuant to the applicable legislation.
- 5) There shall be a 30-minute break between groups using sports halls, gyms, fitness rooms, the swimming pool, and the conference room in order to prepare the Center for the reception of the next group.
- 6) Moving in the Center is allowed only for the purpose of performing an activity (joining the classes and then leaving) and using designated bathrooms, changing rooms, WC.
- 7) Users shall be requested to leave the Center immediately after they have finished their sporting activity in order to avoid gathering.

1) Sanitary and epidemiological policy in the buildings of the Center:

- 1) Only users who are in full health and without any medical conditions defined as symptoms of illness during the state of epidemic may stay in the Center.
- 2) Where a user is found to have symptoms of illness, the Director of the Center or a person designated by him/her shall place that person in an isolated room or premises (equipped with personal protective equipment and disinfectant) and shall inform the relevant services thereof.
- 3) The users of the swimming pool, wellness, sports halls, fitness rooms, gyms, the conference room, and the cloakroom shall be required to disinfect their hands.
- 4) The users shall be required to maintain the necessary physical distance between persons in the Center, including locker rooms, changing areas, toilets, showers.
- 5) The users shall be required to have their own personal protective equipment necessary to meet the requirement arising out of the epidemic (e.g. a face shield or a mask covering the mouth and the nose).
- 6) The users shall be required to cover their faces - when they reach the building and when they move around it. The attendees should remove the mouth and nose covering and leave it with their clothes in the cloakroom. The users finishing the use of the swimming pool, wellness area, sports halls, fitness rooms, the gym, and the conference room shall be required to put on their mouth and nose covering again. Persons staying on the swimming pool beach, in the wellness area, the sports hall, the fitness room, and the gym shall not be required to cover their faces.
- 7) Distances shall be set in front of the pool counters to maintain a safe social distance.
- 8) There may be only one person standing in front of the pool counters.
- 9) The Center shall provide a limited number of lockers and showers, detailed information is posted in changing rooms.
- 10) The clients shall take their outerwear and shoes in their own bag to the wardrobe locker.
- 11) The Center shall not provide small sports aids such as planks, balls, noodles.
- 12) The users are required to use only their own training equipment. The equipment brought into the Center shall be taken back when leaving the Center.

2) For organised - group activities in the Center:

- 1) In view of the need to limit the number of persons at the Center at a given time, non-attendees shall not be allowed to stay at the Center.
- 2) The organiser of organised group activities shall be required to comply with an established number of attendees.
- 3) Each entity responsible for the organisation of activities shall be required to inform its Participants and their instructors about the mode of organisation of the activities with the particular indication of the hours and venues of the activities as well as the rules of access and use of the facility. Non-compliance with safety rules may constitute the grounds for the refusal to allow access to the swimming pool to a given entity during an epidemic or emergency situation and for cancelling the reservation.

3) Rules for the use of the Center's swimming pool:

- 1) Each user shall be required to disinfect their hands and their own sports equipment before entering the Swimming Pool, and to disinfect their hands before leaving.
- 2) The user shall be required to strictly comply with the footwear policy in place in the pool area.
- 3) The user staying in the swimming pool area shall be required to cover their mouth and nose except for swimming in the pool - the mouth and nose cover should be taken off and left with their clothes in the changing room, from where they should go directly to

the shower and enter the swimming pool through the foot wash basin. When dressing after the swimming, the user shall be required to first put on their mouth and nose cover in the changing room.

- 4) The user staying on the premises of the swimming pool undertakes to comply with the rules of hygiene; careful whole-body shower before entering the swimming pool hall - obligatory shall be required.
- 5) The transponder bands shall be disinfected by the Center staff after each user of the swimming pool.
- 6) When using the swimming pool, it is allowed to use one's own equipment under the condition that before entering the paid area, the equipment shall be disinfected with a suitable disinfectant in a designated place. Additionally, the use of the equipment cannot cause damage to the Center's elements.
- 7) No objects or items related to hydration, nutrition, or supplementation may be brought onto the pool slab.

4) Rules for using the gym:

- 1) The gym instructor shall be required to comply with an established number of users.
- 2) The gym instructor shall be required to cover their mouth and nose and wear protective gloves while performing their duties; should this be impossible (strength workout), the gym instructor shall be required to increase the distance between the persons - min. 2 m.
- 3) Persons using exercise equipment shall be required to maintain an appropriate distance of 1.5 m from other participants and to put the used equipment in place; the Gym Instructor shall supervise maintaining the distance.
- 4) Machines and exercise equipment located in the gym should be disinfected after the attendee has finished their workout. This shall be done by the attendee with the use of the disinfectant provided; the Gym Instructor shall supervise maintaining the distance.

5) Lessees of the Center:

Lessees enjoying the use of the Center shall be required to comply with the applicable legal regulations within the scope of their business activity conducted on the premises of the Center, in particular sanitary regulations.