

17. Violations

Our personnel are authorised and commissioned to remove from the premises any guests who, in spite of warnings, repeatedly violate the provisions of the general regulations, the rules of use or other regulations. Entry or membership fees will not be reimbursed in such cases. Gross or repeated offenses against the general regulations, rules of use or instructions from our personnel can result in the offending party being barred from our premises. In such cases, there is no right to claim a refund of the entry or membership fees. In the case of such violations, especially misuse of the entry card, the right to prosecute is expressly reserved.

18. Hygiene

At the Migros-Wellness- and Fitness facilities, you should not only feel relaxed and comfortable, but you should be able to count on cleanliness and good hygiene. We have regular inspections conducted by an independent organisation. This assures our visitors that our facility is always in optimal condition.

Basle, December 2022

Our Gift to You

(Information for annual members)

Refund of Single Visits for New Annual Members (limited offer)

If you start an annual membership within 4 weeks of purchasing a single-visit admission, we refund your single-visit price. The amount will be credited to your personal Fitness Park-account.

Customer Loyalty is Rewarded (limited offer)

If you renew your annual membership before it expires (without interruption), we will give you a **5% discount on your membership fee. As a customer loyalty bonus for a Swiss Fit membership, we'll give you CHF 100.-**. The amount will be credited to your personal Fitness Park-account.

How to Use Your Credit

Choose from our entire range of services (solarium, bistro, massage, shop etc.). Have the amount registered on your chip wristband and pay for the services or products you purchased. The corresponding amount will be automatically deducted from your personal Fitness Park-account. You can also have the loyalty premium paid out from your Fitness Park-account in cash at our reception desk.

Your Child is Welcome!**Childcare is included in your annual membership of Fitness Park!**

While you work out or enjoy the full spectrum of our wellness services, your child will be looked after by our qualified childcare workers at the Heuwaage Fitness Park. The provisions of the house rules of

Fitnesspark Heuwaage Basel

Steinentorberg 8
4051 Basel
Tel. 058 575 81 50

Regular Business Hours

Monday – Friday	6.30 a.m. – 10 p.m.
Wellness Zone	8 a.m. – 10 p.m.
Saturday/Sunday	9 a.m. – 7 p.m.

FITNESS  **PARK**
HEUWAAGE BASEL
MIGROS

www.fitnesspark.ch



FITNESS  **PARK**
HEUWAAGE BASEL
MIGROS

www.fitnesspark.ch

General Regulations

1. Purpose and scope

The House Rules exist to maintain order, cleanliness and safety in the Migros wellness and fitness facilities. They are obligatory for all guests. Upon redeeming the admission ticket, the guest recognises these rules and the other regulations which were adopted to maintain the operational safety, particularly the fitness area, course rooms, the landscape and swimming landscape. The staff must ensure compliance with these rules. The staff instructions must be following without any restrictions.

2. Your Health

Visiting a fitness centre should promote your well-being. Below you will find eight questions about your current health status. It's a little check-up to help you to recognize or exclude risks.

- ▶ Are you currently receiving treatment for a medical condition?
- ▶ Have you ever been diagnosed with heart or circulatory problems?
- ▶ Do you suffer from a respiratory condition (asthma, bronchitis, etc.)?
- ▶ Are you aware of any weakness or impairment of your mobility?
- ▶ Are you taking any regular medication, prescription or non-prescription?
- ▶ Do you currently have any health problems other than those described above?
- ▶ Would you describe yourself as 'non-athletic'?
- ▶ Was your last doctor's check-up more than a year ago?

If you have any doubts or must answer individual questions with a clear «yes», we recommend that you consult a sports physician. He or she will be able to help to correctly evaluate your capabilities.

For your own safety, please be sure to observe and heed all rules posted in the facility for the use of our sauna, steam bath, sanarium and pools, as well as the rules for use of our fitness area and classrooms.

3. Admission

Only persons aged 15 years and over are admitted to Migros-Wellness-and Fitness facilities. Persons who pose a health hazards to others due to communicable illness are excluded from admission. Our personnel may also refuse entry to persons with open wounds or persons who detract from the

facility's hygiene or order operation. Our guests must be capable of independent movement or be able to move with the assistance of a caregiver or other assistant.

4. Regular Business Hours

Monday – Friday 6.30 a.m. – 10 p.m.
Wellness Zone 8 a.m. – 10 p.m.
Saturday and Sunday 9 a.m. – 7 p.m.

At close of business, all guest must have left the premises of Migros-Wellness- and Fitness facilities.

- ▶ Business hours on holidays: The detailed list of business hours on holidays can be read on our website and in the center.
- ▶ Closure for reconditioning: Once a year, generally in the summer, our facilities are closed for two weeks for reconditioning and maintenance.

5. General usage

The House Rules and instructions in the annex are to be followed. They are obligatory. A full-body shower is required before using the wet areas including saunas, massage and other applications. Guests must dry off well before using the wet areas. Guests with strong body odour are requested to take the required measures to not disturb other guests.

The following is prohibited:

- ▶ There is a general smoking ban
- ▶ Calling with mobile phones (except in the reception and bistro area)
- ▶ The usage of mobile phones in all nude areas (locker rooms, sauna landscape, swimming landscape)
- ▶ Bringing in animals
- ▶ Shaving a beard or other hairs, cutting nails, rubbing down corns, putting on hair dyes and face masks
- ▶ Offensive and improper behaviour
- ▶ The consumption of alcoholic drinks and drugs
- ▶ Hanging up linens which have become wet or sweat upon

Lost items are to be turned in to the staff or at the reception/cashier. The objects are saved for a month and can be picked up personally at the reception for an administrative fee of CHF 2.– (for washed items). Otherwise, they are given to charitable institutions. No information is provided by phone on lost articles.

6. Liability

You use the facilities and equipment at the Migros-Wellness-and Fitness facilities at your own risk. Any liability on the part of Migros or its personnel resulting from an accident, injury or illness is excluded. Migros-Wellness- and Fitness facilities are not liable in any degree for the loss of personal effects or valuables, money, clothes, chip wristbands, etc. Likewise excluded is any liability for objects left in the reception area. The member is responsible for concluding his/her own insurance policy.

7. Locker rooms

Street clothes, street shoes and street tennis shoes may only be worn to the locker rooms. The lockers should be locked for your own safety. The lockers must be left empty and unlocked when exiting the facility. Please ensure that you have all of your belongings when leaving the facility. Sport bags must be placed in the locker room during your visit. Our locker room areas and wet zones are regularly checked and cleaned by female staff.

8. Wellness Café

Please do not enter the Wellness Café in a bathing suit or when topless. It is not permitted to consume your own food and drinks in the Wellness Café. It is only permitted to consume your own food in the entry area.

9. Fitness Area and Class Rooms

You must wear athletic clothing when using the fitness- and gymnastics rooms (e.g. sweat pants/leggings, bodysuit/t-shirt and clean athletic shoes). Entry is only permitted wearing clean, non-marking indoor athletic shoes. Training in bathing suits is not permitted for hygienic reasons. Use of a hand towel as a sweat layer is required. Do not pause to rest on the equipment. After use, mobile fitness equipment is to be returned to its original location (weight plates to be removed after using Olympic bars or weight machines). Cardio/Endurance training devices are to be cleaned with disinfectant after use.

10. Classes

The number of participants in classes is partially restricted (material/space), which is why we cannot guarantee you a place in a given class. For certain classes, registration is obligatory. You can find information about this in our schedule of courses.

11. Pool Area

The pool area may only be used when wearing bathing clothes. Wearing bathing shoes is required. Use of the pool for other purposes, e.g. classes, is reserved by us.

12. Sauna landscape

The sauna landscape is a nude zone. It is of course permitted to put on a bathrobe or wrap yourself in a towel. Towels must be used below seats or lounges in all nude zones. Please cover yourself with a towel or a bathrobe in the lounging rooms. For the sauna cabins, the motto is: "No sweating on wood"; you must walk on the floor barefoot. Conversations are to be avoided in the relaxation zones out of consideration for other guests. Massage brushes and gloves are not allowed for hygienic reasons. No personal fragrances, hair dyes or facial masks may be used in the sauna and in the steam bath. You also may not bring in any objects, e.g. newspapers and magazines. Wearing and placing personal valuables such as watches, jewellery, glasses etc. in all areas is at your own risk.

13. Solariums

It is recommended that you wear safety glasses. The laying surface should be disinfected and rubbed dry before and after use.

14. Massage

Our reception staff will be glad to inform you of our wide range of massage services. To best secure your appointment, make use of our telephone pre-registration system. Cancellation of reservations must be given 24 hours in advance. Otherwise, the full fee will be charged to your account.

15. Children/Childcare

Children are only allowed on-premises in the child care area or in the reception area. You may obtain information concerning childcare at our reception desk.

16. Parking

Parking places in Fitness Park Heuwaage are not owned by our facility; management is handled by an external firm. Any problems must be cleared up with this firm directly. The Fitness Park has no influence of any kind on the parking fees that are in place at any given time.