

TANANGER TRENINGSSENTER

TERMS & CONDITIONS – MEMBERSHIP AGREEMENT

1. GENERAL TERMS AND CONDITIONS

The following terms apply between the person («Member») named in the contract («Membership Agreement») and Tananger Treningscenter.

2. TANANGER TRENINGSSENTER AS (TT) - RESPONSIBILITIES AND RIGHTS

- a. TT focuses on having a pleasant and social environment. TT offers professional competence, guidance and modern equipment of high quality. Tananger Treningscenter has opening hours from 05:00-24:00.
- b. TT reserves the right to make changes to the arrangements we offer.
- c. TT disclaims any responsibility of loss and/or damage to members or objects that occur during the member's stay at the gym or sessions directed by TT. This also applies to losses and damage to personal clothing and other belongings.
- d. TT reserves the right to expel unwanted customers.
- e. In the event of a significant breach or violation of the gym's rules, TT may cancel membership contracts.

3. MEMBER – DUTIES, RESPONSIBILITIES RIGHTS

- a. The Membership is personal and cannot be transferred or used by anyone other than the Member.
- b. The Member is obliged to stay informed about, and follow the instructions that apply to the activities in the gym. In the event of a breach, the member can be expelled immediately, and the membership agreement can be terminated with immediate effect without the obligation to refund the paid membership fee.
- c. By signing this agreement, the member confirms that she/he is medically fit to conduct active exercise at Tananger Treningscenter. The member is responsible for ensuring that the training the member performs is in accordance with the member's health and physical conditions. The member undertakes to comply with instructions given by employees at Tananger Treningscenter, and the rules that apply at all times at the gym.
- d. The Member is obliged to have a doping test at the request of the Norwegian Sports Confederation's doping group. Should a member deny a doping test, possession of, use of, or justified suspicion of the use of doping substances, may the membership be terminated with immediate effect. Violation also results in exclusion for 24 months and without the obligation to get a refund of paid membership fees.
- e. The age limit for training alone at Tananger Treningscenter is 15 years. We can offer organized classes to those under this age.
- f. All equipment must be put in place after use.
- g. Feel free to use a towel when using mats, lifting and endurance equipment.
- h. The use of outdoor shoes is prohibited in the gym.
- i. Leave the gym before closing time at 24:00. Cost for triggered alarm after closing time is charged to the member.
- j. Turn off the light if you are the last person to leave the gym.

4. TERMS OF PAYMENT FOR MEMBERSHIP

- a. When signing up for a membership, a start-up fee must be paid. The start-up fee will normally consist of an administration fee, training fee for the rest of the current month and the entire next month. The same applies to guardians or others who in the Membership Agreement have taken responsibility for the membership
- b. The monthly membership fee is due on the 21st. It will be possible to pay monthly with eFaktura "Vipps", which is charged monthly with 5,- NOK.
- c. If members choose to sign up for a 12 months membership agreements, one pays for the month one registers and then monthly for the next 12 month. Thereafter, the agreement runs month to month until a written notice is given, reference to section 6.
- d. Membership agreements are valid from the date of signature. Persons who are not above legal age must have parental approval in order to enter into an agreement with Tananger Treningssenter. Persons under the age of 16 must enter into a written agreement at the gym in company with their parents.
- e. If an overdue payment remains unpaid, the entire remaining amount of the contract may be demanded to be paid immediately.
- f. No use of the gym does not release the member from the payment obligation or possibility to demand that the contract be extended. Payment cannot be cancelled for any reason.

5. PRICE GUARANTEE

- a. TT can without notice adjust the monthly price by a maximum of 5% per year.
- b. Membership agreements usually have a price guarantee of 12 months. Thereafter, an eventual price increase in the period will be implemented.

6. TERMINATION / FREEZE OF MEMBERSHIP

- a. The membership does not in principle have the option of freezing. Freezing of membership is intended to apply in the event of special needs, in the event of long-term illness, injuries, longer stays abroad in connection with work or pregnancy. The conditions must be documented with a medical certificate, confirmation from the employer, relocation notice or similar. Written application is to be submitted to Tananger Treningssenter. Freezing of any membership will be charged with NOK. 99, - per frozen month.
- b. There is a one month termination period for agreements with a monthly payment scheme. When a written notice is received, the agreement and any associated power of attorney are valid until the month of notice and the next month.
- c. The member must terminate the agreement in writing to Tananger Treningssenter. Confirmation that the termination has been approved will be sent, normally by e-mail. If the member has not received such confirmation within 14 days, it is the member's responsibility to contact Tananger Treningssenter to make sure that the termination notice has been received and approved. If the member, at the expiry of the agreement, has not fulfilled his payment obligations, the power of attorney cannot be terminated until the agreement has been fulfilled.

7. BREACH OF AGREEMENT

In the event of a breach of the terms of this agreement, Tananger Treningssenter may terminate the agreement with immediate effect, and unpaid training fee is due for payment immediately. In the event of significant default of payment, this being two or more simultaneous overdue claims, Tananger Treningssenter will block access to the gym. In the event of continued unpaid claims after payment notice, the remaining contract value will fall due for payment in full.

8. PRIVACY

By signing this agreement, you agree that Tananger Treningssenter is allowed to store your contact information and other legitimate information, which is appropriate for the parties in relation to serve the agreement and at the same time receive information about campaigns or other necessary information. Camera surveillance is carried out at Tananger Treningssenter. The monitoring can help you if there are accidents or similar. The consent is valid until one of the parties terminates the agreement in writing.

9. COMPANY AGREEMENT OR CO-OPERATION AGREEMENT

The terms of a company agreement and co-operation agreement appear from the agreement, and any deviations from the above points, are then overridden by the company / co-operation agreement.

10. SAFETY AND WELL-BEING RULES

At Tananger Treningssenter AS (TT), we want to have a safe and pleasant training environment. We ask everyone to contribute by following these rules at the gym:

- ✓ A smile is always a good contribution 😊
- ✓ Familiarize yourself with the escape routes at the gym.
- ✓ Always wear clean training clothes and shoes.
- ✓ Dress functionally and pay attention to each other. Naked feet, bare upper body or clothing that may appear offensive is not allowed.
- ✓ Be careful with the use of perfume / aftershave before you go to gym.
- ✓ Bottles and cups without caps not permitted in the gym.
- ✓ Let others use the equipment when you have a break.
- ✓ Show consideration when using a mobile phone. Do not take pictures of others without permission. Keep phone calls outside the gym.
- ✓ Wipe the equipment after use. Paper/cloths and spray bottles with disinfectant can be found in several places.
- ✓ Put equipment and weights back in place after use. Dumbbells and equipment should not be dropped or thrown.
- ✓ It is only acceptable to use liquid chalk in the gym due to indoor climate.
- ✓ Children under the age of 15 should not stay at the gym.
- ✓ Only instructors, training supervisors and personal trainers (PT) associated with Tananger Treningssenter AS may instruct and train our members at the gym.
- ✓ Tananger Treningssenter is a doping-free gym, and has zero tolerance for any use of doping substances.
- ✓ People influenced by alcohol / drugs will be expelled.
- ✓ Please respect the gym's opening hours and leave the premises before closing time.

GOOD TRENING 😊

Date / Signature

Address

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4056 TANANGER

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412 66 745

Web

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