

RULES OF FITNESS SPACE

- Upon each arrival in the fitness area, the guest is required to book their arrival at the reception of Dida Boža House.
- The guest is obliged to respect the time reserved in the fitness area in order for other registered guests to enter the space in time, which is disinfected between the booked trainings.
- Children under the age of 16 may not use the fitness area without the supervision of a personal trainer or other qualified adult.
- Leaving things in the locker after training is not allowed.
- We are not responsible for things left in the fitness area or lockers after training as well leaving the fitness space.
- The water bottle should be closed to prevent liquid from spilling on the fitness area and equipment. Other drinks are not allowed in the fitness area.
- Dida Boža d.o.o. nor is the staff of Dida Boža House responsible for any sports injury, or some other injury types that occurred during the use of the fitness space and the equipment in it.
- The guest bears the costs for any breakdown or damage that occurred during the training.
- The staff of Dida Boža House reserves the right to remove the guest from the fitness room if the guest does not adheres to general rules.
- When entering the fitness area, all guests must wear clean sports clothes and shoes, so as not to brought dirt into the exercise area. It is necessary to disinfect hands and spray shoes with disinfectant upon entering. It is not allowed to train in shoes, flip-flops and other footwear unsuitable for training.
- Please take care of personal hygiene. In the fitness area there is a shower that is free to use by the guest before or after training within the time frame reserved for training.
- The use of towels is mandatory, in all forms and methods of exercise.
- After using the devices and yoga mats, it is mandatory to clean and disinfect them, with the appropriate products.
- If you have any health problems, please do not use the fitness area before consult your doctor. Dida Boža d.o.o. and the staff of Dida Boža House is not responsible for health problems that occur during or after exercise, and you approach exercise at your own risk.
- When practicing Bikram Yoga, pay attention to the side effects when heating the room as more intense sweating occurs, which leads to:
 - Leads to dehydration, especially if you do not supply the body with enough water before the training.
 - Heat can cause fatigue, so you should then focus on the proper breathing pattern or temporarily leave the room.
 - It is possible to injure yourself by over-stretching, because the heat creates the illusion that you are more flexible than your own capabilities.
 - Avoid this type of exercise if you are pregnant, have heart problems, or have hypertension generally do not tolerate great heat. Before practicing the first Hot yoga class, check your general health and consult a doctor.

Thank you for following the rules of the fitness space ... we wish you a pleasant workout during your vacation!

Dida Boža House