

Gym Rules.

For a great session for you and the guests who follow.

01 Your booked time matters.

Enter only when your session begins, even if the door is already open. Your 90 minutes include training, tidying up, changing and showering. Leave the gym by the end of your booked session. Arriving late does not extend your session.

02 Your code is your access.

For Shared Sessions, everyone training needs a booked place. Do not share your personal code. For Private Sessions, you may share it with your booked group. For approved coaching, your coach arranges access. Do not let unauthorised people in.

03 Check in and check out.

Check in on the tablet at the entrance every time you visit, and check out before you leave.

04 Keep it clean.

Wear clean trainers and suitable sportswear. Place a towel on seats and benches, and clean equipment after use. Leave the changing area, shower and toilet clean too.

05 Put everything back.

Put weights and training equipment away after use. Lower weights with control and dispose of your rubbish. Keep walkways and emergency exits clear.

06 Train safely.

Our gym is unstaffed. Only use equipment and perform exercises you know how to use or do safely. Do not tamper with safety devices. Do not use damaged equipment; report faults immediately. Smoking and training under the influence of alcohol or drugs are not permitted.

07 Be considerate.

Share equipment during Shared Sessions and avoid unnecessary noise. Only take or publish photos or videos in which other people can be identified with their express consent.

08 Music for your session.

Use headphones during Shared Sessions. The gym sound system is only available through the app during Private Sessions. Respect the volume limit. Personal speakers are not permitted.

09 Groups and coaching.

Standard sessions allow a maximum of six people training. Personal coaching requires our prior approval; an approved coach may attend in addition. Larger groups need an individual agreement. For Private Sessions, the person who booked must stay throughout the session and explain these rules to their guests.

10 Check the minimum age.

You may train from age 18. If you are 16 or 17, you need written consent from a parent or legal guardian. Under-16s may not use the gym. Animals must stay at home.

Access problem or faulty equipment?

079 720 72 70

Medical emergency

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Mattastrasse 2 / 7270 Davos Platz

An emergency kit is available in the gym.

The training areas are monitored by CCTV. Changing areas, showers and toilets are not monitored. Video recordings are normally deleted within 14 days. Recordings of specific incidents may be retained longer for as long as they are needed to investigate the incident or for legal reasons.

