

Rules Værøy Gym

- There is a minimum age of 15 to train alone. Children under 15 must be accompanied by a person over 18 years old.
- Membership at Værøy Gym is personal and should not be transferred or lent to others. You must always bring your phone with the app when visiting the gym. This grants you access to the gym and serves as your identification.
- It is not allowed to behave rudely or be disruptive to other members.
- It is not allowed to film or take pictures of other members or staff, even if they are in the background, without their explicit consent.
- Clean workout clothes and shoes suitable for indoor training must always be worn. Outdoor shoes or dirty shoes are not allowed in our training facilities.
- It is not allowed to train barefoot.
- It is not allowed to train shirtless. The minimum attire is a tank top and shorts.
- Workout equipment must always be wiped down after use and returned to its proper place.
- Strong perfumes or other offensive odors are not allowed.
- It is not allowed to perform actions in the gym that are illegal under Norwegian law, including threats, harassment (sexual or otherwise), theft, or other illegal activities.
- No form of intoxicants (alcohol, snuff, illegal drugs, etc.) is allowed.
- All training in the gym is at your own risk. Værøy municipality ensures the maintenance of equipment but is not responsible for equipment that causes injury due to sudden and unforeseen events.
- Consideration must be given to other users; it is allowed to play music in the room at a moderate volume.

