NGG FITNESS

Use of NGG Fitness Facilities Outside Teaching Hours
The fitness room may only be used by:
- Students and coaches affiliated with SportsCollege
- Staff affiliated with NGG
- Students from 9th grade – 3.g (upper secondary) and 10i – 2nd IBDP who pay for access to the fitness facilities (100 DKK per month)

Opening Hours
The room is open for free use from 07:00 to 21:00 every day with an external key card.
Teaching activities take priority over training. This means the room is reserved for SportsCollege on Tuesday and Thursday mornings, as well as for possible physical education classes during the day.

Access and Rules of Conduct:
This form must be submitted to the administration office. Within one week, you will receive a key card and a time for an introduction to the machines. You are not allowed to use the fitness room until you have completed the machine introduction. The key card is personal, and you are responsible for it. You are also responsible for the condition of the room after your training session, and the key card system will show who is responsible. If the key card is lost, a new one can be issued for 100 DKK. The key card must be returned when you stop using the fitness room. It is NOT permitted to bring other people into the fitness room unless they are authorized to use it.

Name _____   **Class** _____

I hereby declare that I have read and understood the above conditions for using the fitness facilities.

Training at Own Risk:
I acknowledge that I train at my own risk when using NGG's fitness room in the NGG Hall. NGG cannot be held responsible for any injuries I may sustain while being in the NGG Hall, including the fitness room, outside normal teaching hours.

Rules of Conduct:
I agree to comply with the rules and regulations set by NGG while using the fitness room. If I violate these rules, my access to the fitness room will be revoked.

_____
Student Signature

_____
Guardian Signature
(if the student is under 18 years old)