

Clube Naval de Cascais Gym Regulations

1. Members of the Clube Naval de Cascais who are in full enjoyment of all their social rights and are up to date with all their duties with the Club, have the right to attend the Clube Naval de Cascais gym.
2. Access to the Clube Naval de Cascais gym is exclusive to its members.
3. The CNC gym opens at 07 AM and closes at 10 PM, from Monday to Sunday. Access to the gym is by swiping your membership card on the respective reader.
4. Members may use the gym freely and at any time of the day and week, during its opening period.
5. Gym uses by Members under the age of 16 is prohibited, unless accompanied by their parents or guardians.
6. Any user of the CNC gym may be asked to identify themselves for control purposes.
7. The CNC is not responsible for any damages, physical or moral, caused to members by accidents, acts or omissions, which occur inside the gym, or within the CNC facilities.
8. All members who attend the CNC gym must take out personal accident insurance annually from the Club Secretariat, which covers the risks arising from accidents caused and/or occurring in the gym. They must also sign a liability waiver for practicing physical activity and gymnastics.
9. The lack of insurance and liability terms prevents the use of the gym and exempts the Club from any liability arising from the practice of gymnastics.
10. The use of the gym must always be carried out in a polite, courteous, and respectful manner towards the institution, members, patrons and equipment, and users must use appropriate equipment for practicing gymnastics.
11. It is the duty of the gym member to leave the gym clean and tidy as they found it before training.