

**RULES OF ATTENDANCE FOR  
SPA INTERCONTINENTAL KYIV (HEREINAFTER – ‘THE CLUB’)**

Observance of the following rules will maximise your comfort during your visit

**GENERAL RULES**

- 1.** The Club's hours of operation are from 6.00 a.m. to 11.00 p.m.;  
for owners of morning Club Cards, Monday through Friday: 6.00 a.m. – 1.00 p.m.;  
for owners of daytime Club Cards, Monday through Friday: 11.00 a.m. – 4.00 p.m.
- 2.** The Club Card must be presented at reception before admittance into the Club. If a member does not have their Club Card with them, then any accepted form of ID may be used to verify their identity.
- 3.** The Club Card will be temporarily kept at reception in exchange for the locker key, Club bathrobe and towels.
- 4.** Clothes and personal belongings must be securely kept in the locker throughout the stay at the Club. The Club shall not accept responsibility for any items lost or left without attendance.
- 5.** The Club shall keep any belongings left behind by a member for a period of 30 calendar days returning them to rightful owners upon request at the reception area. After 30 days when no claim is made, all such belongings will be disposed of.
- 6.** Before starting any training regimen at the Club, members are encouraged to consult with their doctor or conduct a full medical examination. In case of pre-existing medical conditions, a member must inform the Club management and furnish a health certificate with appropriate medical recommendations. If a Club member fails to provide a health certificate or does not inform the Club management or the personal trainer about pre-existing medical conditions, the Club management shall not assume any responsibility for any deterioration of the Club member's health or for other health-related consequences.
- 7.** While training at the Club, members must wear appropriate training attire. Members are also asked to keep all areas of the Club clean. Wearing outdoor clothes and street shoes is not allowed on the premises of the Club.
- 8.** Every member must practise proper personal hygiene, i.e. taking a shower before using the pool, baths and saunas.
- 9.** Club members need to return the training equipment to the designated areas after use. Club members shall assume liability for any equipment lost or damaged.
- 10.** For safety reasons, while performing maximum strength exercises, members are encouraged to request assistance of the personal trainer or their training partners.
- 11.** To avoid injury, children between the ages of 12 and 16 can only train under the supervision of a personal trainer.
- 12.** Club members can only use the services of the Club's personal trainers. Instruction by personal trainers or other Club members is not allowed.
- 13.** Video and photo shooting is subject to prior agreement with the Club management.
- 14.** Guest visits are possible upon recommendation of the Club members at an extra charge.
- 15.** All of the Club's premises are no-smoking areas.
- 16.** It is forbidden to visit the Club in the state of alcoholic or narcotic intoxication and it is not allowed to consume food in the training areas.
- 17.** Members are discouraged from using their mobile phones in the training areas.
- 18.** It is forbidden to enter the Club carrying any type of weapon.
- 19.** The Club management reserves the right to amend these rules on as needed basis without prior notice.
- 20.** The Club management reserves the right to revoke membership of anyone who violates these rules.

## RULES FOR VISITORS WITH CHILDREN

### Pool

1. For safety reasons, children under 16 may only use the pool under the supervision of their parents or a personal trainer. While visiting the pool, children must observe the general rules of using the Club. Running, jumping, horseplay in the water or other actions which might disturb other visitors are not allowed.
2. For safety reasons, children under 6 years of age are not allowed in the baths and saunas. Children over 7 can attend the baths and saunas only if they are accompanied by supervising adults.

### Fitness area

Any visitor over the age of 12 can use the services of the Club's certified trainers in the common fitness areas in accordance with the general pricing policies.

### Additional services

Members can use any additional services offered by the Club.

To receive additional services, members need to do the following:

- pay for the selected service at the reception desk;
- schedule an appointment for the selected service at the reception desk.

If a Club member decides to cancel or reschedule their appointment, reception personnel must be informed:

- not later than 3 hours in advance for individual training sessions;
- not later than 3 hours in advance for SPA and Beauty Centre services;
- not later than 12 hours in advance for bookings of baths and saunas.

Price and duration of additional services can be changed at the discretion of the Club management.

### Underground parking

The Club grants its members the right to use the underground parking of InterContinental Kyiv for the whole duration of their membership subject to parking spot availability.

Parking areas can only be used for the duration of the Club visits.

### Additional terms and provisions:

The Club management reserves the right to amend these rules at own discretion.

### Services available to the Card owners:

- Fully equipped locker rooms;
- Bathrobe and towels;
- Fitness area;
- Promotional service pack;
- Pool;
- Baths and saunas.