

## TERMS & CONDITIONS FOR A GYM MEMBERSHIP AT SIT TRENING

### General terms

Sit Trening is part of Sit – The Student Welfare Organisation in Gjøvik, Ålesund and Trondheim (Sit). The membership terms are part of the membership agreement between the person named in the agreement and Sit Trening. As a gym member, you must comply with the applicable "Membership Terms" and "The Club Rules" which can be found under the "fitness and sports" section at sit.no.

Any person who does not comply with these rules may be ejected from, or denied access to a Club, or may have their Membership terminated by Sit Trening if they haven't complied with a warning or non-compliance is serious.

### Memberships

Membership and prices are stated in the current description of products, services, and prices on sit.no. All memberships, except for the pre-paid cash memberships, continue until termination of the membership is correctly registered. If you have a monthly direct debit membership with a fixed term, you must be a member for minimum 12 paying months before you can terminate your contract. After the fixed term, the membership will continue until you terminate it.

### Age limit

Members must be 16 or older to use Sit Trening's facilities. Individuals between 13-16 years old must be accompanied by an adult member who either is their parent or legal guardian. Members between 13-16 years old will have to buy a daily pass to access the facilities.

### Membership card

Each member must register their membership card/NTNU card by tapping the card on the card reader every time the member wants to access Sit Trening's facilities. A member must not lend his membership card to anyone else as the membership and card is personal. If the card is damaged, lost or stolen, the card will be blocked, and a replacement will be issued for 100 NOK (does not apply to members with NTNU cards, they will have to obtain a new card from NTNU).

### Pricing

Price is based on the current price overview available on sit.no. To receive and maintain the correct student pricing, the member must present a valid student ID and paid semester fee.

The member is obliged to inform Sit Trening about conditions that can change the member's price for a membership or any other service. If the price of the membership changes because of lack of documentation on discounted membership, membership will run with a new price, as a minimum beyond a fixed term period. In the absence of documentation, the member will be post-invoiced for the intermediate.

Sit Trening can regulate the price of their memberships. In the event of a price adjustment, the current price overview will be updated on sit.no and informed about in relevant channels.

### Payment

#### Monthly direct debit (AvtaleGiro):

Monthly direct debit (AvtaleGiro) is a payment agreement between you and your bank. To have access to AvtaleGiro, you must have a Norwegian bank account and be 18 years of age or older.

With a monthly direct debit (AvtaleGiro), you are automatically deducted for your membership every month from your bank account. Due date is the 20th of each month. The member is responsible for payment of the membership and for entering into a monthly direct debit (AvtaleGiro) with its bank connection. In the absence of a monthly direct debit (AvtaleGiro), an invoice fee will be charged before the first invoice.

If the member does not pay within the payment deadline, a collection notice will be sent. In the event of late payment, Sit Trening may charge costs and interest in accordance with the Act on interest in the event of late payment, etc. Upon entering a monthly direct debit (AvtaleGiro), the member pays for the remaining days of the current month and the entire next month.

If you have chosen a membership with a monthly direct debit (AvtaleGiro), you pay for the remaining days of the current month, the entire next month and a sign-up fee of 50 NOK when you purchase the membership. After this, you pay a fixed monthly price.

If you have chosen the most affordable direct debit membership with a fixed term (12-months), membership at your University's sports association is included in the price (this applies to NTNU-students and employees, or DMMH-students). You'll also receive an additional invoice of NOK 50 each year, in January. This sports contingent goes directly to the sports associations of the Universities we collaborate with (NTNUI, DMMHI and NTNU BIL).

#### Pre-paid cash memberships:

Some memberships can be purchased in cash. With pre-paid cash memberships, the entire amount for the selected period is paid in a transaction upon registration. No price adjustment will be made during the term of the cash membership, and the agreement cannot be terminated within the pre-paid period. Pre-paid memberships are non-refundable unless you use the 14-day cancellation period.

#### **Right of withdrawal**

If a membership has been purchased outside one of Sit Trening's fitness- and sports clubs, the member has the right to terminate the membership agreement (right of withdrawal) by giving written feedback to Sit Trening within 14 days of entering into the membership agreement, cf. Section 21 of the Right of Withdrawal Act 21. The right of withdrawal form is attached to the order confirmation you receive after purchase.

#### **Membership freeze**

"Freeze" means temporary suspension of training membership for a limited period. No fees are charged for this period, and the membership cannot be used during the frozen period. The membership can be frozen with a start day from the following day. The membership can only be frozen for entire calendar months, and it is not possible to freeze during the notice period.

Members with a fixed term contract can freeze the membership for up to two (2) months during the first year of the fixed term. Members without a fixed term contract can freeze the membership one (1) month per calendar year.

Freezing a membership can be done by sending an e-mail to [trening@sit.no](mailto:trening@sit.no) or by visiting the reception at one of our staffed fitness- and sports clubs.

Freeze only applies for members with a monthly direct debit (AvtaleGiro) contract, not for pre-paid cash memberships.

#### **Termination of membership**

The termination period is one (1) month, starting from the first month after the termination notice was received. Memberships with a fixed term will run until the fixed term is expired. Terminating the membership can be done by sending an e-mail to [trening@sit.no](mailto:trening@sit.no) or by visiting the reception at one of our staffed fitness- and sports clubs.

The termination period does not apply to pre-paid cash memberships.

#### **Consent**

Upon entering into the Membership Agreement, the member agrees that Sit Trening may direct communication via (SMS, MMS, e-mail, etc.), to inform about and or promote offerings/campaigns, in accordance with the Marketing Act Section 15. The member may at any time manage their consent to receive promotions on [sit.no](http://sit.no).

#### **Health and safety**

The member is responsible for being medically fit to use the premises. All training at Sit Trening takes place at your own risk. Sit Trening is not responsible for loss of or damage to property due to burglary or other causes. Sit Trening has zero-tolerance for threatening behaviour, violence, and unwanted sexual advances.

#### **Climbing**

Members must be 18 years old (or older) to use the climbing wall at Dragvoll. Members are responsible for having a valid steep card and being able to use a climbing wall, as well as using approved equipment for climbing in the wall. Members are responsible for doing their utmost to ensure the safety of himself and others.

To access the climbing wall, members must buy daily pass or have a valid season pass in the "Tindegruppa" (NTNUI's climbing group). The climbing regulations hang in the climbing and bouldering room. Upon inspection, members must present a valid receipt/season pass, steep card, ID, and access card/day ticket to the fitness- and sports club.

**Anti-doping and clean centre**

Sit Trening has an agreement with anti-doping Norway to keep the centers doping free. As a member of Sit Trening, you confirm not to use any form of stimuli or doping listed on Anti-Doping Norway's list. An updated list can be found on [www.antidoping.no](http://www.antidoping.no).

In case of suspicion, you will be summoned for an audit. A self-declaration form will be presented during the audit, and you will voluntarily sign and allow a doping test.

A positive doping test, failure of a self-declaration form, or failure to attend a doping test are considered a material breach of the membership agreement and will lead to the termination of the contract with immediate effect.

All use of doping agents is criminalized in the name of the Medicines Act, § 24a. Use of – or suspected use of doping agents at Sit Trening's gyms is reported to the police.

Prohibition of alcohol: it is strictly forbidden to bring or consume alcohol on the premises of Sit Trening.

**Afterword**

Sit Trening reserves the right to close all or part of the facilities on public holidays and reduce the opening time in connection with holidays and public holidays. The member must expect shorter closing periods of all or part of the facilities, alternatively reduced opening hours in the event of, for example, necessary maintenance.

Sit Trening is not responsible for the obstruction or limitation of training opportunities due to conditions beyond the training industry's control or what the training industry could not foresee (Force Majeure).

