

HOUSE RULES

MOME DORMITORY GYM
(1ST FLOOR APARTMENT ROOM)

- 01 These House Rules apply to everyone using the gym within the dormitory.
- 02 The gym may only be used by dormitory residents and employees in a legal relationship with the Moholy-Nagy University of Art and Design Dormitory.
- 03 Everyone is responsible for their own physical safety and for using the equipment in the Dormitory gym for its intended purpose, in accordance with the user manuals.
- 04 Everyone is obliged to read and observe the user manuals for the gym machines! If the user manual for a machine is not available in the gym, the Sports Manager will provide it to the user upon request.
- 05 Everyone is responsible for ensuring that their training does not endanger other users of the room.
- 06 A maximum of **4 people** may stay in the gym at one time. New entrants may not begin using the gym until the number of users drops below 4.
- 07 The gym may be used by one person for a maximum of **2 hours** per day.
- 08 Use of the gym is prohibited in the event of any infectious disease. In the case of non-infectious diseases, the gym may only be used with medical recommendation.
- 09 The gym may not be used under the influence of alcohol, any mind-altering substances, or strong medication.
- 10 The gym may not be used outside of opening hours.
- 11 Mobile phones may only be used for calls, photography, or internet browsing if it does not disturb others or restrict others from using the equipment.
- 12 In case of a phone call, please suspend the use of the equipment and conduct the conversation without disturbing others.
- 13 You may only enter and train in the gym in appropriate **sports attire** (sports shoes, tank top, t-shirt, top, sports shorts/ trousers).
 - Training in slippers, sandals, or barefoot is not permitted.
 - **The use of street shoes is prohibited!**
 - Users are obliged to place street shoes in the designated shoe cabinet.
- 14 The gym may not be used with a bare upper body (shirtless).
- 15 After use, machines must be left in their default state/position, and equipment must be placed in the systematized storage racks.
- 16 The use of a **towel** on benches and machines is mandatory.
- 17 The use of audio devices is allowed only with closed headphones or earphones.
 - In the case of group training sessions or classes, the speaker placed in the room may be used at a low volume, provided it does not disturb the work or educational activities of employees, instructors, or students on campus.
- 18 Financial damages resulting from undisciplined behavior must be reimbursed in all cases.
- 19 Violation of the House Rules may result in a ban! The bench press may only be used with the assistance of a **spotter**.
- 20 Gym equipment may not be removed from the room under any circumstances.
- 21 Gym machines and storage equipment may not be moved from their original locations.
- 22 In the event of any machine malfunction or improper operation, training must be suspended, and the Sports Manager must be notified immediately.
- 23 In the event of any personal injury, training must be suspended, and the Sports Manager must be notified immediately.
- 24 Any damage, defect, or injury must be reported immediately to the Sports Manager.
- 25 MOME assumes no responsibility for personal valuables left in the gym.
 - **Important:** Any theft of equipment from the gym, or financial damage caused by irresponsible behavior resulting from non-compliance with the regulations, must be reimbursed and **may result in expulsion from the dormitory**.
- 26 **Contact Information:**
Sédégbé Abel Djogni
Phone: +36 20 4019393
Email: djogni.abel@mome.hu
- Dániel Székely
Phone: +36 30 1124 0957
Email: szekely.daniel@mome.hu

Opening Hours:

Monday:

07:30 – 21:00

Tuesday:

07:30 – 21:00

Wednesday:

07:30 – 21:00

Thursday:

07:30 – 21:00

Friday:

07:30 – 21:00

Saturday:

07:30 – 21:00

Sunday:

07:30 – 21:00

Dated: Budapest, 01. 01. 2026

Sédégbé Abel Djogni
Sports Manager