



'House Rules' Des Indes Health Club & Spa

1) Name and location

The name of the health club is 'Des Indes Health Club & Spa' and is located 54-56 Lange Voorhout, 2514 EG, The Hague, further referred to as the 'the health club'.

2) Aim

Aim of the health club is to offer facilities that can stimulate and improve the health and wellbeing of her members in an exclusive and private atmosphere. Hotel guests will be considered members during their stay in 'le Meridien Hotel Des Indes' as will they be referred to in this text.

3) Member selection

Membership can be provided only upon approval of the management. The management is provided with the right to without mentioning any reason refuse or cancel a membership, upon which already paid fees will be immediately refunded.

4) Membership card

Members will have the use of a membership card which provides entrance to the health club when placed before the card reader next to each entrance door. Loss or theft of this card must be reported immediately to the health club management. Upon receiving each new card a 10,00 downpayment is required.

5) Use of lockers

During a visit to the health club members can make use of a locker in the locker rooms. During use the user is responsible for the locker key and the belongings inside the locker. Upon leaving the health club the lockers must be left empty.

6) Use of linnen

The health club will provide max. 1 bathrobe and 2 towels to each member on each visit. Extra linnen can be purchased at the reception desk.

7) Introduction

Only if the amount of people inside the health club enables the health club manager on duty to accept, it is possible for members to introduce guests to the health club. Prior to the introduction a booking must be made with the health club manager on duty. Members remain responsible for the wellbeing and behaviour of their guests and must enter and leave the health club together. Before leaving the health club the introduction rate will be charged. However, this charge will be refunded if the guest decides to, within one month, become a health club member. The member who introduced the new member will obtain an extra introduction of another guest free of charge.

8) Acceptance of membership and behaviour

It is up to the management who does and who does not get accepted for membership. The management has the right to, on display of improper behaviour, ask those who hinder others during their use of the facilities to leave the health club and on the same matter to revoke membership.

9) Liability

The Des Indes Health Club & Spa and its staff cannot in any way be held liable for any theft, or harm whether physical or emotional, disease, loss of life or property in which way whatsoever caused by or during the use of the health club. Members are advised to seek counsel with their physician before making use of any of the health club facilities, especially when under treatment.

10) Children

Children under the age of 16 can only use the health club facilities when accompanied by and adult. The fitness room cannot be used by children under the age of 16 unless accompanied by a personal trainer and an adult/parent.



11) Due to safety and hygiene regulations;

- a. Indoor sport shoes must be worn in the fitness room.
- b. Slippers must be worn entering all the wet rooms (pool, sauna, steam bath).
- c. Suitable clothing must be worn when using the health club facilities.
- d. Fill out the so-called PAR-Q form and gather, from the health club staff, information about the proper use of equipment and health club facilities.
- e. Use a towel when using the sauna, fitness room and the beds in the relax area.
- f. Leave used equipment and facilities in their original stat when used.
- g. Take showers before using sauna, pool or steam room.
- h. Do not take any food drink or glass, other then provided by the health club staff or room service, in any parts of the health club and not take any into the pool, sauna and steam room.
- i. Gather information about the proper use of sauna steam room and pool.
- j. Do not dive, splash, jump into the pool or run around any areas of the health club.
- k. Do not leave any linen or clothing to dry in the sauna.
- l. Leave used towels and bathrobes in the hampers.
- m. Do not leave any property inside the lockers after leaving the health club.
- n. Do not smoke in any part of the health club.
- o. Do not use any alcohol during the use of the health club.
- p. Do not take any pets into the health club.

12) Opening hours

The health club is open on weekdays from 07:00 to 22:00 and on weekends from 8:00 to 20:00. On public holidays opening hours will be as on weekends unless otherwise is announced. The management has the right to change opening hours and to close all facilities in case of necessary repair or damage control. Members will be informed timely in case of any changes to the opening hours.

13) Membership and fee

Membership is non-transferable and cannot be altered or changed. All fees can be altered at any time during a membership. Membership is automatically extended. Members who wish to cancel or change their membership must do so ultimately one month before the end of each yearly term written with the health club management.

14) Note

These 'House Rules' can be altered or changed by the management at any time, however never without prior notice.

15) Differences

In any case of difference on interpretation of the 'House Rules' the managements interpretation is binding.