

This document outlines the comprehensive regulations governing participation in self-defense classes organized by PANDA Treningi Samoobrony MM Sp. z.o.o. It defines key terms, participation conditions, safety rules, rights and responsibilities of participants and organizers, liability issues, payment details, and organizational provisions effective from November 2023.

## §1. Glossary of Terms

The document begins by defining essential terms:

- Instructor: Qualified individual conducting the classes.
- Organizer: PANDA Treningi Samoobrony MM Sp. z.o.o., responsible for organizing and ensuring safety.
- Civil liability (OC): Obligation to repair damages to others.
- Criminal liability: Legal consequences for prohibited acts.
- Participant: Person who accepts the regulations and meets participation criteria.
- Self-defense classes: Organized physical and mental exercises teaching Krav Maga techniques.

## §2. General Provisions

Participants must familiarize themselves with and adhere to the regulations before starting classes. Participation requires completing a membership declaration and signing the regulations.

## §3. Participation Conditions

Only adults (18 years or older) may participate. Participants must inform instructors of any health limitations and sign a statement confirming no health contraindications to training.

## §4. Safety Rules

Participants are required to exercise caution, follow instructor instructions, and wear appropriate sports attire and indoor sports shoes. Use of mobile phones, chewing gum, and jewellery is prohibited in the training hall. Failure to comply with attire requirements may result in exclusion from classes for safety reasons.

## §5. Participants' Rights and Obligations

Participants must:

- Comply with the regulations.
- Obtain personal accident insurance.

- Perform exercises and use equipment under instructor supervision.
- Notify instructors of any discomfort during classes.
- Respect fellow participants.

Participants have the right to:

- Attend classes in a safe training environment.
- Consult instructors about exercise techniques.
- Refuse participation in exercises if experiencing pain, injury, or discomfort.
- Withdraw from classes at any time.

Use of acquired self-defense skills is strictly limited to defense in direct threats to health or life.

## §6. Organizer's Rights and Obligations

The organizer commits to:

- Ensuring safe conditions for classes.
- Providing qualified instructors (with IKMF Krav Maga G3 certification and sports instructor qualifications).
- Informing participants about risks.
- Processing personal data according to GDPR.
- Holding civil liability insurance. The organizer may:
  - Deny participation to individuals exhibiting aggression or under influence of substances.
  - Modify class schedules, locations, or instructor teams.
  - Refuse participation to individuals posing threats or convicted of intentional crimes against life or health.

## §7. Liability

The organizer is responsible for providing safe and comfortable conditions but is not liable for lost items or injuries resulting from participant negligence or health nondisclosure. Participants may bear civil or criminal liability for damages caused.

## §8. Fees

Participation is paid, with fees detailed on the website. Payment options include:

- Monthly pass (4 entries or 8 entries).

- Single-entry fee.

Payments must be made in advance via cash, BLIK, or bank transfer.

Passes are personal, non-refundable, and non-transferable without organizer consent.

Price changes require 14 days' notice and do not affect already paid passes.

#### §9. Organizational Rules

The organizer reserves the right to change schedules and regulations. Non-compliance with the rules may lead to exclusion from the course and removal from participant lists.

#### §10. Final Provisions

Unregulated matters are subject to applicable law. The regulations have been effective since November 2023.