

NANYANG TECHNOLOGICAL UNIVERSITY
SPORTS AND RECREATION CENTRE
GYMNASIUMS RULES & REGULATIONS

1. Access to the gym will only be granted to staff and students.
2. Users are required to record their attendance and produce their staff/matriculation card for verification.
3. Persons under the age of 18 years shall not be permitted into the Gym.
4. Users should have their physician's approval for the appropriate exercise regime. Any exercise undertaken shall be done at the user's own risk.
5. Users shall be dressed in appropriate sports attire at all times.
6. Appropriate sports shoes are to be worn at all times while in the Gym.
7. For hygiene reasons, a towel must be used at all times and users are to wipe the equipment after usage.
8. No food and drinks are allowed at the workout area.
9. Users should use the lockers provided to store their belongings. No personal belongings should be brought into the workout area.
10. No user is allowed to tamper with the electrical switches and gadgets in the Gym.
11. Users must adhere to the instructions in the usage of the exercise equipment. When in doubt, the S&R Centre's staff on duty should be consulted.
12. Users must observe all safety regulations pertaining to the use of exercise equipment.
13. Weights lock must be used at all times while using the bar bells for safety reasons.
14. Users must re-rack all weigh plates, bar bells and dumbbells after each use. Under no circumstances shall any exercise equipment be removed from the Gym.
15. A user who is responsible for the loss or damage of the equipment due to act of negligence shall bear the cost of repairing or replacing the equipment.
16. Users must comply with any instructions given by the S&R Centre's staff on duty.
17. The S&R Centre's staff on duty may, at his/her own discretion, request users who are found to be in breach of any of the rules and regulations to cease or desist from such action or to leave the Gym immediately.
18. Users shall comply with such additional rules as maybe imposed by the S&R Centre from time to time to regulate the use of the Gym.
19. The S&R Centre reserves the right to add, delete and/or vary the above any time it deems fit.
20. The University, its employees, its agents or representative shall not be liable for any damage, loss, injuries or deaths howsoever caused in the connection with the use of the Gym.