Nanyang Technological University North Hill Gym Rules

1. Terms and Conditions
The following terms and conditions (the Nanyang Technological University North Hill Gym Rules) govern the rights and obligation of Nanyang Technological University (NTU) Sports & Recreational Centre (S&RCtr) and NTU North Hill Gym users (Users) thereof.

2. The Gym
The NTU North Hill Gym (Gym) is operated by S&RCtr. S&RCtr has appointed a Management team (Management) who are responsible for the operation of the Gym in accordance with these Rules as amended from time to time.

3. Admission
a) Gym is opened only to fully registered students, faculty and staff (Staff) of NTU who have attained a minimum age of 18 years.
b) Users must present their own student/staff card to access to the Gym. Student/staff card is non-transferable. If it is lost or mislaid, students may apply for a replacement on StudentLink and staff with NSS-HR.

4. Limitation of Liability
User agrees that:
I) Neither S&RCtr, Management, its associated companies, employees or agents shall be responsible for any claims, demands, injuries, damages, or actions for negligence arising on account of death or due to injury, loss, damage or theft to a User’s person or property arising out of, or in connection with the use by a User of any of the services, facilities or premises of the Gym. The User hereby holds S&RCtr, Management, its associated companies, employees and agents harmless from all claims which may be brought against them by or on a User’s behalf for any such injuries or claims afore said.

5. Physical Condition of User
a) The User warrants and represents that he/she is in good physical condition and that he/she knows of no medical or other reason why he or she is not capable of engaging in active or passive exercise and that such exercise would not be detrimental to his/her health, safety, comfort or physical condition.

6. Deny Entry of Users
a) S&RCtr may deny entry of any User:
I) Without notice and with immediate effect if the User’s conduct, whether or not such conduct is the subject of complaint by other User, is such that in the reasonable opinion of the Management, it may be detrimental to the interests of the Gym.
II) Without notice and with immediate effect if the User shall have committed any breach of these Terms and Conditions or of the Rules and Regulations of the Gym.

7. Gymnasium
a) Users must be dressed in proper sports attire. Jeans, bermudas pants, demin and working pants are not allowed. A top is required that covers the chest area, no torn clothing items are permitted. Athletics shoes to be worn at all times at the work out area, with exception during dance classes under the supervision of class instructor. Flip-flops, slippers, sandals, mocassins and working shoes are not allowed.
b) No food or drink is allowed at the work out area, with the exception of water and sports drink in a capped plastic bottle.
c) Users are requested to adhere to all rules or warning signs placed in the Gym.
d) Users breaking or damaging equipment, property or facilities wilfully or through misuse shall bear the full cost of replacing the damaged property.
e) For hygiene purpose, Users must have personal towel and wipe padded areas after use.
f) Users should be considerate of others and not dominate specific equipment when the gym may be busy.
g) Users using free weights and accessories must return all items to their proper racks.
h) Do not use make shift pins, nails, etc. on weight machines. Use all machines and equipment for their intended purpose only.
i) Relocating weights, machines, dumbbells or barbells is prohibited.
j) Report all malfunctions, or misuse/abuse to staff on duty.
k) Staff/Instructors are authorized to stop anyone from exercising if he/she is judged unsafe. Users must abide by the instructions of the staff/fitness instructor.

8. Lockers
a) Day use number code lockers are available free of charge, on a first come, first serve basis. No overnight storage is permitted. Items left in locker will be removed after 2 days.
b) S&RCtr/Management accepts no responsibility for loss or damage to users’ locker contents for any reason whatsoever.

9. Others
a) S&RCtr reserves the right to use any individual or group photographs of Users for press or promotional purposes.
b) S&RCtr reserves the right to adjust the Gym operating hours for the purpose of cleaning, decorating, repairs or for special private functions. The management shall endeavor to give reasonable notice of any lengthening or shortening of such hours.
c) Smoking is not permitted in any part of the Gym.
d) These Rules shall be governed and constructed in accordance with the laws of Singapore and subjected to the jurisdiction of Singapore.