NANYANG TECHNOLOGICAL UNIVERSITY  
Campus Clubhouse  
Rules and Regulations

1. **Eligibility.**  
NTU, Campus Clubhouse Gymnasium is for the exclusive use by members and NEC’s house guests only. All Members are to enter the Gym via Biometric Print and NEC house guests’ their room key card for access to the Gym.

2. **Operating hours.**  
NTU Campus Clubhouse Gym operates from 0630hrs to 2130hrs daily

3. **Attire.**  
All Gym Users must be appropriately dressed i.e. Tank tops, T-shirts leotards with running or cross training shoes. Jeans, bare feet, slippers, sandals, boots, smart casual shoes, shoes with spikes or protrusions are NOT allowed

Any form of attire, which may cause possible infringement of safety to self or other gym user, or potential damage to the equipment, are prohibited. The Management and Gym staff on duty, reserve the right to decide on the suitability of the sporting attire worn by gym users.

4. **Discipline**  
Members are required to comply with the instructions given by gym management & staff on duty. The Management and staff on duty reserve the right to refuse a person entry into the gym and / or if the person is already in the gym, to prohibit the person from further usage of the gym by instructing the person to leave the gym immediately, if in the opinion of the Management & staff on duty, the person has violated any of the rules and regulations.

5. **General Conduct**  
No food and drinks are allowed at the workout areas and smoking is strictly prohibited.

Gym user should refrain from talking loudly or indulging in noisy activities that may annoy or distract other users (e.g. dropping of weights forcefully) or any other form of conduct that is deemed inappropriate by the Management and Staff of the Gym.

6. **Usage of Equipment.**  
All gym users must observe the instructions and safety precautions pertaining to the use of the exercise equipment. If in doubt, gym users are required to consult the gym staff on duty.

Gym users will be held responsible for any damages caused to the equipment by them.

Gym users are expected to practice good hygiene and gym etiquette by observing the following:
- Return all equipment to its original place after use.
• A personal towel must be used at all times. Gym users are not allowed to share towel.
• Do not hog the machines. Cardio machines are restricted to 30 minutes per use during peak hours. All other equipment shall be shared among gym users at all times. Free weights are not to be taken out of its designated areas. Safety collars must be used at all times.

No equipment shall be removed from the gymnasium. Theft cases will be referred to the police.

7. Prohibitions.
No smoking, eating or gambling is allowed within the entire compound of the Gym. No personal exercise equipment is allowed to be brought into the Gym. If in doubt, check with the staff on duty. For safety reasons, all mobile phones, MP3 player, Ipods etc…should be made inaudible to other users and properly secured to the body of the owner when exercising.

8. Usage of Lockers.
All Gym Users are required to open and empty their locker immediately after use. All lockers will be opened by Campus Clubhouse Duty Officer at the end of the day and any items found inside will be taken out and kept in Campus Clubhouse For security reasons, gym users are not allowed to leave their belongings unattended in the gym compound. All cases of theft will be reported to the Police.

DISCLAIMER

While reasonable safety precautions have been taken in relation to the use of the gym, please take note that you use the gym at your own risk. Neither NTU, nor its staffs or agents shall be liable for any loss or damage to property or death or personal injury arising from your use of the gym.

THE MANAGEMENT RESERVES THE RIGHT TO ADD, DELETE, AMEND OR VARY THE ABOVE RULES AND REGULATIONS AT ITS OWN DISCRETION AT ANY TIME AS IT DEEMS FIT, WITHOUT HAVING TO INFORM ANY GYM USERS. CAMPUS CLUBHOUSE ALSO RESERVES THE RIGHT TO CANCEL AND/OR DENY ANY MEMBERSHIP AT ITS SOLE DISCRETION.