

Institute of Human Performance Rules and Regulations of the Fitness Centre

1. All users must possess a Fitness Room Accreditation Card and deposit their cards in the provided holder when entering the training area. All users must sign in and out at the attendance book located at the reception table.
2. Proper training attire should be worn at all times while in the Fitness Centre by members, coaches, or instructors. No jeans or street clothes will be permitted. Proper training shoes should be worn. No open-toed slippers or sandals, and no training without a shirt.
3. Please carry a towel to lie or sit on when using the equipment. Sweat should promptly be wiped off the machines and the floor after each use. Towels/paper towels for this purpose have been placed at various locations around the FC.
4. For convenience to others, weights, dumbbells and equipment must be returned to their original places immediately after use. Do not leave weight plates on the bars or scattered on the floor at any time.
5. Do not drop or bang weights on floor (correct dropping of weights only permitted on the dedicated weight lifting platforms). For safety, please do not work out too closely to mirrors. Individuals may be charged for the damage due to carelessness.
6. Eating or gum chewing is prohibited in the gym. Please use the paper cones available at the water dispenser or you may bring your own drinks (no open cups that can spill!).
7. All bags and personal gear should be left in lockers in the swimming pool or stadium changing rooms. NO bags are allowed in the FC. Do not bring valuables to the FC. The FC will not be responsible for lost or stolen item.
8. No casual observers or guests are allowed without permission of FC instructor. Those under the age of 12 years are not permitted in the FC.
9. Accredited members between the ages of 12 to 16 are permitted to use the FC only if supervised by FC designated professional coach, are participating in a specific program under IHP, or supervised by their designated parent/s or guardian/s at all times.
10. For convenience to all users, please comply with the time restrictions on certain cardiovascular equipment.
11. Use of mobile phone is not permitted in the FC. Also, personal music device may be used as long as they do not become unsafe for the user, or become a nuisance to other users.
12. To maintain a safe environment, please report any faults or defects immediately to our receptionist or staff on-duty.

IHP staff reserve the right to ask any person who is not following, or found breaking the rules, to leave the premises.