Rules and Regulations of the Fitness Centre

1. Users acknowledge that they have read and understood the assumption of risk prior to using the fitness center.

2. Users affirm that they are in good physical condition to exercise and those unaccustomed to exercising are recommended to seek the advice of a medical professional before engaging in physical activity.

3. Users who feel unwell while using our facilities, should stop the activity immediately and approach our staff for assistance.

4. Users unfamiliar with equipment should ask staff for assistance, please visit our link: [http://www.cse.hku.hk/index.php?option=com_content&view=article&id=308&Itemid=283](http://www.cse.hku.hk/index.php?option=com_content&view=article&id=308&Itemid=283) to search exercise description or register for Fitness Centre Introductory Course through HKUEMS system.

5. All users must sign in at the attendance book located at the reception table.

6. 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.

7. Please carry your own sweat towel for personal hygiene. 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 Fitness Centre.

8. 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.

9. 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.

10. Eating or gum chewing is prohibited in the gym. Please use the water dispenser nearby or you may bring your own drinks (no open cups that can spill!).

11. All bags and personal gear should be stored in the lockers. Coin-refund lockers are available inside/outside each Fitness Centre. Users should prepare a $5 coin for the use of locker. Users are liable to pay a compensation fee of $200 for damaged or lost locker key.

12. No bags are allowed in the Fitness Centre. The Fitness Centre will not be responsible for lost or stolen item.

13. Guests are not permitted to use the Fitness Centre except with the prior approval from CSE.

14. No casual observers are allowed without permission of Centre staff. For safety reasons, absolutely no children are allowed in the Centre.

15. No photo-taking, video or audio recording is allowed without prior approval from CSE.

16. Private teaching / coaching is not allowed without prior approval from the Assistant Director.

17. Only members aged 16 or above can be allowed to use the fitness room and gym facilities. Members between the ages of 12 to 15 are only permitted to use the Fitness Centre if supervised by an CSE designated professional instructor or their parent members at all times.

18. For convenience to all users, please comply with the time restrictions on certain cardiovascular equipment.

19. Talking on mobile phone is not permitted in the Fitness Centre. 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.

20. To maintain a safe environment and prohibit inappropriate situations, users should always adhere to instructions from the Fitness Staff and report any faults or defects immediately to them if found.

21. Users shall at all times behave in a decorous manner within the sports facilities, and shall cooperate with the staff of the CSE to ensure that these Regulations and any subsidiary rules laid down by the Committee of Management are adhered to. The Director and his/her delegated appointee(s) shall have the authority (i) to request any user to leave the sports facilities, or to cancel their sports membership; or (ii) to suspend temporarily user privileges, for infringement of these Regulations or subsidiary rules and the Director has the authority to debar any users or persons from using the facilities and/or other user privileges either temporarily or indefinitely.

CSE reserves the right to update or modify the above terms and conditions at any time without prior notice.

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