

SP Gym @ Pool: Rules & Regulations

1. Eligibility

- a. The Singapore Polytechnic Gym @ The Pool is strictly for SP staff, students and Alumni, SIT UOG & TUM) staff and students, and authorised users (where prior informed by SP).
- b. SP Alumni are allowed to use the Gym at these timings:
Weekdays 9am to 12pm, 7.30pm to 9pm;
Weekends 9am to 12pm, 4pm to 7pm
- c. All users are required to produce their admin card/ staff card and sign in & out at the gym counter.

2. Operating Hours

- a. Mon – Fri, 9am - 9pm (Except Public Holiday)
- b. Sat – Sun, 9am – 7pm (Except Public Holiday)

3. Attire

- a. All Gym Users must be in proper sports attire and sports shoes. Flat sole sneakers are allowed for heavy weightlifting/ powerlifting purposes. Jeans, bare feet, dress shoes, boots, slippers, etc., are not allowed.

4. Gym Conduct & Etiquette

- a. All Gym users must carry along with them a towel at all times.
- b. For hygiene purposes, gym users are not allowed to share towels. Towels are available for purchase at the Gym counter.
- c. Return all equipment to its original place after use.
- d. Gym users should refrain from talking loudly, using profanity or indulging in noisy or unruly activities that may annoy or distract other users (e.g. loud grunting, dropping weights forcefully, etc.) or any other form of conduct that is deemed inappropriate by the management & staff of the Gym.
- e. Do not hog the machines. Cardio machines are restricted to 20 minutes per use during peak hours.
- f. All other equipment shall be shared among gym users at all times. Always ask to be “in turn” and always allow others the same courtesy. Do return the seat and weight to the last user’s set up.
- g. Free weights are not to be taken out of its designated area. Safety collars must be used at all times.
- h. Do not stare or stand uncomfortably close to other users if you are waiting to use the same equipment or machine. Wait patiently in line for your turn.
- i. No equipment shall be removed from the Gym. Cases of theft will be referred to the police.
- j. Stay out of the Gym if you are still in the thick of your illness, e.g. cough, cold, etc., to prevent the spread of germs.
- k. Do not pretend to be a personal trainer if you are not a qualified one. You may assist your friend who is trying out some machines/ equipment/ exercises for the first time, but do double check with the gym staff on duty to be safe. Misusing equipment can result in injury to users and/ or damage to the equipment.

5. Usage of Equipment

- a. 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.
- b. Do not sit on machines/ equipment in between sets.

- c. Re-rack weights/ plates and return all other equipment and accessories to their proper locations.
- d. Wipe down all equipment, including free weight benches and mats after use.
- e. No dropping of weights. Gym users will be held responsible for any damages caused to the equipment by them.
- f. All gym users shall make good or bear the full cost of replacing any broken or damaged equipment, property or facilities.

6. Prohibitions

- a. No eating, drinking, smoking or gambling is allowed within the entire compound of the Gym.
- b. Do not bring your bag or other belongings into the fitness area. Leave them at the baggage counter.
- c. No personal exercise equipment is allowed to be brought into the Gym. If in doubt, check with the staff on duty.
- d. No unauthorised users are allowed to conduct any personal training in the Gym.
- e. Absolutely no sharing of IDs. Anyone found using someone else's ID will be asked to leave the facility immediately. A disciplinary case will also be brought against the offender.

7. Safety

- a. Users are responsible for knowing their own physical limitations and rest when necessary.
- b. Please inform the management and gym staff if you spot any gym user showing signs of distress.

8. Gym Management

- a. All gym users are required to comply with the rules and regulations of the gym. The management & staff on duty reserve the right to instruct the user to leave the gym immediately should he or she violates any of the rules and regulations.

9. DISCLAIMER

- a. While reasonable safety precautions have been taken in relation to the use of the gym, please note that you use the Gym at your own risk. Neither Singapore Polytechnic, nor its servants or agents shall be liable for any loss or damage to property or death or personal injury (save for death or personal injury resulting from the negligence of Singapore Polytechnic, its servants or agents), however arising from your use of the Gym.
- b. All gym users are advised to seek medical consultation and clearance before embarking on any exercise programs.

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.