

SINGAPORE POLYTECHNIC GYM @ THE POOL

RULES AND REGULATIONS

Eligibility

The Singapore Polytechnic Gym @ The Pool is strictly for full-time students, staff of Singapore Polytechnic and authorised users. All users are required to produce their admin card/ staff card and sign in & out at the gym counter.

Operating Hours

Mon – Sun, 9am-10pm (Except Public Holiday)

Attire

All Gym Users must be in proper sports attire, running shoes and bring a towel. Jeans, bare feet, slippers, etc, is not allowed.

Gym Conduct & Etiquette

For hygiene purposes, gym users are not allowed to share towels. Towels are available for purchase at the Gym counter.

Return all equipment to its original place after use.

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

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 area. Safety collars must be used at all times.

No equipment shall be removed from the Gym. Cases of theft will be referred to the police.

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.

No dropping of weights. Gym users will be held responsible for any damages caused to the equipment by them.

Prohibitions

No eating, drinking, smoking 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.

Safety

Users are responsible for knowing their own physical limitations and rest when necessary.

Please inform the management and gym staff if you spot any gym user showing signs of distress.

Gym Management

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.

DISCLAIMER

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.

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.