

## **RULES AND REGULATIONS FOR GYM USERS**

**\*\*PLEASE BE COURTEOUS TO ALL USERS WHILE WORKING OUT. \*\***

### **ATTIRE AND FOOTWEAR**

- All gym users must be properly attired in standard workout clothes i.e. Tank tops, T-shirts, shorts, leotards with running or cross training shoes (**not use outside** the gym) while in exercise area. Swimsuits, **JEANS** and street clothes & shoes are **NOT ALLOWED**. Shirts and shorts must be worn at all times.
- Any form of attire, which may cause possible infringement of safety to self or other gym user, or potential damage to the equipment, is prohibited. The management & gym staff on duty reserve the right to decide on the suitability of the sporting attire worn by gym users.
- Dry, closed-top athletic shoes or sneakers must be worn at all times. **NO** dress shoes, sandals, boots, **SLIPPERS**, open-toed shoes, OR **BARE FEET** are permitted.
- **Outside** footwear is strictly prohibited on the treadmills or any other machines so bring **along a proper gym shoe for your workout**.
- A personal towel must be used at all times. Gym users are not allowed to share towels. Please bring your own towel and wipe your sweat off the seats or machines that you have used. Other users wish to use the seats or/and machines in the gym without your sweat.
- Wear clean and dry clothes while working out. Inappropriate body odor is offensive.

### **GYM EQUIPMENT**

- All gym users are expected to practice good hygiene and gym etiquette.
- 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 officer on duty.
- Use discretion when you talk to others while they are using equipment. Especially those using cardio equipment and free weights. Keep conversation short and soft as not to disturb other users' concentration and workout.

## Cardio Section

- Do not monopolize the machines. **Cardio machines** are restricted to **20 minutes** per use during **peak hours**. All other equipment shall be shared among gym users at all times.
- **RETURN SAFETY KEY** to the counter **IMMEDIATELY** after use.
- Do not use weights while on cardio equipment.

## Weights Section

- **DO NOT SLAM, DROP, CLANG, OR THROW DUMBBELLS OR FREE WEIGHTS** on the floor when you are finished.
- **DO NOT LEAVE EQUIPMENT LYING AROUND** someone could trip over it. Replace equipment to its original state and location after use.
- **ALWAYS USE THE COLLARS** that prevent weights from falling off the barbells.
- Please stand **3 FEET AWAY** from the glass mirror for those who are carrying the dumbbells and free weights.
- **At All Times Workout At The Olympic Flat Bench Requires To Workout In PAIRS (2 Users Assisting Each Other).**
- **RETURN ALL GYM EQUIPMENT, BARBELLS, DUMBBELLS AND FREE WEIGHTS TO THEIR DESIGNATED PLACES AFTER USE.**
- Ensure proper safety when using equipment. If you do not have a workout partner at first, we strongly recommend trying to find someone with similar goals and interests to work out with you. If you aren't working with a partner at a gym, either ask a staff member or someone who looks experienced for a quick "spot". Be sure you and your spotter have a plan so that each of you knows exactly what the other will do in case you need assistance. It is also important that you know how to correctly spot someone to assure his or her safety. When spotting someone, always be prepared to give a little assistance when they experience muscle fatigue (cannot complete the rep on their own).
- Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions. Ask for assistance from the counter staff if you are unfamiliar with equipment.
- Gym users will be held responsible for any damages caused to the equipment by them. They are also responsible for their own safety and any injuries incurred while using the equipment so please be extra carefull.

## **PROHIBITION**

- **Food and drinks (except for plain water) is not allowed** at the **workout area or dance studio** at any time. Water consumed during workout must be in a container with a lid. Any spills must be cleaned immediately.
- **No smoking or alcohol on premises.**

## **PHYSICAL CONDITION**

- All gym users are advised to seek medical consultation and clearance before embarking on any exercise programs.
- **Be sure** to always **integrate warm-ups, stretching, and cooling-down** into your program. This will reduce your risk of injury by increasing your blood flow and preparing your muscles for the workout. **Proper use of all machines & free weights** is important not only to work your muscles correctly, but also to prevent injury.

Always do your exercises through a full range of motion in a slow, controlled manner.

**When using all machines & free weights users must not let the weights fall but to release them slowly in a controlled manner.** Failing to do so will make noise and spoil the equipment. Users not following the proper use of the equipment as stated above will be given stern warning before asking user to leave the gymnasium.

- When beginning a new weight-lifting program or any time you try a new exercise always start out using light weights. It is far better to start out too light than too heavy. This is to avoid possible injuries.
- Facing muscle fatigue with challenging weights is not a practical objective in your first few weeks of workout. When trying a new lift or starting a new routine, the objective is to practice and perfect your technique, and to learn how to concentrate on the muscle you are exercising and your breathing.
- Proper breathing is essential in weightlifting. If you hold your breath while lifting a weight, you run the risk of raising your blood pressure and starving your brain of oxygen. You should try to exhale during the "positive," or main exertion phase, and inhale during the "negative," the phase in which you resist and come back slowly. If this becomes too confusing or takes away from your concentration on the lift, don't worry about it--just breathe normally.

## Personal Belongings

- All Gym users are required to keep their belongings in the open shelves provided.
- **NO BAGS ARE ALLOWED ON THE WORKOUT FLOOR.**
- Staff on duty are not responsible for personal belongings of gym and dance studio users. Please do not bring any valuables to the gymnasium or/and the dance studio as the university/staff will not be responsible for any lost or theft of such items/valuables.

## GENERAL

- **No personal notices, advertising or other literature, to be posted or distributed at the gymnasium/dance studio.**
  - Gym users should refrain from talking loudly or indulge in noisy activities that may annoy or distract other users and staff on duty (e.g. dropping weights forcefully) or any other form of conduct that is deemed inappropriate by the management & staff of the Gym.
  - **PLEASE DO NOT TOUCH THE STEREO OR STAFF COMPUTER.** Adjustments to the stereo, fans, or other equipment is to be made by staff only.
  - 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 UTAR, nor its staff 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 UTAR, its staff or agents), however arising from your use of the Gym.
  - All gym users are required to comply with the instructions given by the gym management & staff on duty. The management & 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. **INDIVIDUALS NOT ADHERING TO THESE RULES & REGULATIONS MAY BE ASKED TO LEAVE** or/and the management reserves the right to bring the gym users who do not adhere to the rules and regulations to respective disciplinary board.
  - **USERS MUST EXIT FITNESS CENTER PROMPTLY BEFORE CLOSING TIME**
- \* UTAR 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.**