



FITNESS CENTRE RULES AND REGULATIONS



1. Assumption of Risk

Users affirm that they are in good physical condition to exercise, acknowledge that they have read and understood the Assumption of Risk prior to using the fitness facilities.



2. Seek Medical Advice if Needed

Those unaccustomed to exercising are recommended to seek the advice of a medical professional before engaging in physical activity.



3. Check In & Out for Each Visit

All users must sign in for each visit to the Fitness Centre by presenting their own UID/Membership card at reception. Misuse or failure to show the proper membership will result in a penalty fee and access right suspension for all CSE Sports Facilities. Users should allow time for prompt departure at end of session.



4. Proper Workout Attire and Shoes. No Bare Foot, Jeans and Street Clothes.

For safety and hygiene reasons, proper athletic training attire and shoes should be worn at all times while in the Fitness Centre. No jeans, street clothes, open-toed slippers or sandals will be permitted. Centre staff reserve the right to deem what is appropriate workout attire.



5. Wipe Down Equipment after Use. Use Your Own Sweat Towel

Please carry your own sweat towel for personal hygiene and keep equipment clean and hygienic. Excess sweat should promptly be wiped off the machines and the floor after each use.



6. Return Equipment to Original Place after use. Share Equipment with the Others After Each Set

Weights, dumbbells and equipment must be returned to their original places immediately after use. Allow other users to share the same piece of equipment after each set.



7. No Dropping or Slamming Weights

For safety to self, others and equipment do not drop or slam weights on the floor. Collars should be used at all times to secure free weights and do not work out too closely to mirrors and windows.



8. Always Follow the Time Limit Specified on Cardio Equipment if Someone is Waiting

For usage of the cardiovascular equipment, wait in the designated line for the next available cardiovascular equipment, observe the time limit.



9. No Food or Chewing Gum in Training Area. Use Sealed Drink Bottles.

Eating or gum chewing is prohibited in training areas. Water or sports drinks are permitted only in sealable containers.



10. No Bags in Training Zones. No Overnight Storage. No Weapons

No bags are allowed in the training venues. Lockers are available inside each centre but no overnight storage is allowed. Users are liable to pay an administration fee of \$200 to retrieve items left overnight or for any damage or loss of locker key. The CSE will take no responsibility for any lost or stolen item. No weapons are allowed without prior approval from CSE management.



11. No Guest and No Unauthorized Private Coaching

Guests/casual observers, private teaching / coaching is not allowed without prior approval from the Director.



12. No use of Photo Audio and Video Equipment

No photo-taking, video or audio recording, filming and/or streaming is allowed without prior approval from CSE. Cellphones or personal music devices may be used as long as they do not become unsafe for the user, or become a nuisance to other users.



13. Supervision Required for Minors

Only members aged 16 or above are allowed to use the fitness center unsupervised. Members between the ages of 12 to 15 are required to use the Fitness Centre with their parent/guardian members at all times or supervised by a CSE designated professional instructor.



14. Always Be Cooperative and Be Considerate to the Others

Users shall at all times behave in a decorous manner within CSE facilities, and shall cooperate with the Centre staff to ensure that all Regulations and any subsidiary rules are adhered to. Any users who are unwilling to compile with the rules or being inconsiderate to the others, the Director and his/her delegated appointee(s) shall have the authority (i) to request any user to leave the 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