FITTNESS 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 access right
   suspension for all CSE Sports Facilities.

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.

    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.

11. No Guest and No Unauthorized Private Coaching
    Guests/casual observers, private teaching / coaching (including online 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.