

SPORTS & HEALTH CLUB

Rules & Regulations Compilation

SPORTS HALL RULES & REGULATION

The following rules are designed for your safety and convenience

1. Non-marking sports shoes should only be used on the courts at all times.
2. Please ensure the correct dress code is followed at all times.
3. The Management has the right to refuse play if the correct dress code is not followed.
4. All sports hall users are responsible for their sports equipment.
5. Protective eyewear is recommended for squash court users.
6. Courtesy, politeness and sportsmanship shall prevail at all times.
7. The Management has the right to reserve courts for tournaments and activities.
8. All individuals using the Sports Hall facilities do so at their own risk and sole responsibility.
The Management accepts no liability for injury, death or any loss associated with the use of Sports Hall facilities.

LOCKER

Terms and Conditions

- 1.** Store and always lock all your belongings in the locker. Check the lock before leaving your locker.
- 2.** The Sports & Health Club accepts no responsibility for any loss, stolen or damage to a member's personal belongings kept in the lockers for any reason whatsoever.
- 3.** Members must ensure that the contents of the lockers are removed at the end of their membership term.
- 4.** The Sports & Health Club reserves the right to remove the contents from any locker which has not been emptied after the end of the membership term.
- 5.** You are prohibited from storing any dangerous or hazardous items such as flammable, explosive materials and any illegal items in the locker.

POOL RULES & REGULATION

The following rules are designed for your safety and convenience

1. There are **NO LIFEGUARDS** on duty at all times.
2. **CAUTION!!** Slippery floor. Please walk, strictly no running.
3. The Management will **NOT** be liable for any injury or loss of life to any person.
4. The Management will not accept responsibility for any loss or damage to personal effects.
5. All pool users are to shower before entering the pool.
6. Children under the age of 14 years are not permitted in the pool area unless accompanied by an adult who is above 18 years of age, at all times.
7. **DIVING** is strictly **NOT PERMITTED**.

GYM RULES & REGULATION

The following rules are designed for your safety and convenience

- 1.** Children under the age of 16 years are not permitted to use this facility.
- 2.** All users are requested to dress in an appropriate manner such as shorts, tracksuits, T-shirts or leotards. Sports shoes must be worn at all times.
- 3.** Stop exercising if at any time you feel faint or dizzy.
- 4.** During peak hours, or while others are waiting, limit your time on the treadmills and stationary cycling equipment to 20 - 30 minutes.
- 5.** Please wipe down equipment after use.
- 6.** All persons using the gymnasium area do so at their own risk and sole responsibility. The Management accepts no liability for injury, death or any loss associated with the use of gymnasium facilities.