

# RULES & REGULATIONS FOR GYMNASIUM

1. Daily opening hours are from 6:30 a.m. to 10:30 p.m.
2. Persons aged 16 or below are not allowed inside the Gymnasium or to use any equipment. Guests shall be accompanied by a resident at all times.
3. Before beginning any exercise programme, users are advised to consult their doctors or relevant professionals in order to avoid personal injury.
4. Users with high blood pressure, heart problems, or under the influence of alcohol should not use the Gymnasium.
5. Users should stop exercise immediately if he/she has any symptoms of dizziness, chest pain, nausea, abnormal breathing or continuous soreness of certain muscle/joint etc.
6. All users are requested to register in the "Gym Room Usage Record" when entering and leaving the Gymnasium.
7. Users must wear sportswear and non-staining rubber-soled sports shoes: no leather-soled shoes are permitted.
8. Radios and other sound or electronic equipment (except for headphone/earphone types) are not allowed to be operated in the Gymnasium.
9. All equipment used in the Gymnasium will have appropriate instructions for use displayed on or near the apparatus. These instructions must be strictly adhered to in the interest of safety.
10. The use of equipment in the gymnasium will be on a first-come-first-served basis. Users are requested to limit their session on that equipment to 30 minutes if someone is waiting to use.
11. Please be considerate and use a towel to wipe down the machine after use. Please return equipment to its original position ready for the next user.
12. Observers should stand clear of any equipment in use. Failure to do so may cause injury to the observer and/or exerciser.
13. No eating, drinking, smoking, spitting or littering is allowed inside the room.
14. No coaching services are permitted unless approved by the Manager.
15. Users shall be held wholly responsible for all damage/loss/mess and the cost of repair/replacement/cleaning in respect of the Gymnasium and its equipment.
16. Users shall comply with the instructions given by the Manager. The Manager reserves the right to refuse admittance for any person who breaches any of the rules or causes nuisance or danger to other Clubhouse users.
17. The Manager reserves the right to amend the rules and regulations without prior notice.
18. The Manager reserves the right to suspend the Gymnasium at its absolute discretion without prior notice.
19. Users shall be solely responsible of their personal belongings. The Manager and its agents shall not be responsible for any loss, death, injury or damage arising out of or in connection with using the facilities.

## 健身室使用守則

1. 開放時間為每日早上六時三十分至晚上十時三十分。
2. 十六歲或以下之人士不可進入健身室或使用任何設施。訪客必須由業戶全程陪同下方可使用。
3. 健身前，用戶應諮詢醫生或其他專業人士意見，以免引致個人受傷，或令器材損毀。
4. 如患有高血壓、心臟病或酗酒後的人士，切勿使用健身室內所有設施。
5. 若出現暈眩、胸痛、作嘔、不正常之呼吸或肌肉及關節持續疼痛等症狀，應立刻停止活動。
6. 使用人士需於使用健身室前後自行在「健身室使用記錄」上登記。
7. 使用人士必須穿著運動服裝及不會造成鞋印的運動鞋，不得穿著皮鞋。
8. 不得在健身室內使用收音機或其他音響設備【附耳筒除外】。
9. 健身室內各項器材均已於其附近位置貼上使用指引。為確保安全，健身人士必須遵守有關使用指引，同時切勿高估本身體力或能力。
10. 健身室內所有器材乃採取先到先得制。若有任何人士正在等候，每項健身器材使用上限時間為三十分鐘。
11. 為他人著想，請用毛巾清潔使用過的器材，再把器材妥善而安全地放回原處，以便下位使用。
12. 旁觀者應遠離任何正在使用中之健身器材，否則有可能引致閣下或其他人士受傷。
13. 場內嚴禁飲食、吸煙、隨地吐痰及亂拋垃圾。
14. 除非得到本管理公司批准，否則不得在健身室提供課程或訓練服務。
15. 場地及場內一切設施及器材若有任何損毀/遺失/弄污等，使用者須負全責，並須繳付有關維修/更換/清潔費用。
16. 使用者必須遵守管理公司職員之指示。管理公司有權拒絕任何違反上述守則或騷擾或危害其他會所使用者的人士進入。
17. 管理公司保留隨時更改上述守則之權利而無須預先另行通知。
18. 管理公司保留隨時暫停開放健身室之權利而無須預先另行通知。
19. 應小心看管個人財物。任何人士使用本設施時，引致或造成任何損失、死亡、損傷或損毀，本管理公司概不負責。