

SMU Gymnasium & Fitness Centre

Rules and Regulations

1. Eligibility

The SMU Gymnasium & Fitness Centre is strictly for the students, staff & faculty members of the Singapore Management University, and SMU Alumni Association members with Gym Add-On. All students, staff & faculty members are required to produce their matrix card & report to the Gym reception to sign in & out of the gym. SMUAA members with Gym Add-On are required to produce their valid membership card for the same purpose.

2. Operating Hours

The SMU Gymnasium & Fitness Centre operates from:

7am to 10pm on weekdays

7am to 6pm on Saturdays

Closed on Sundays and Public Holidays

3. Attire

All Gym Users must be appropriately dressed i.e. Tank tops, T-shirts, shorts, leotards with running or cross training shoes. Jeans, bare feet, slippers, etc. are not allowed.

Any form of attire, which may cause possible infringement of safety to self or other gym users, or potential damage to the equipment, are prohibited. The management & gym staff on duty reserve the right to decide on the suitability of the sporting attire worn by gym users.

4. Discipline

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.

5. General Conduct

Gym Users should refrain from talking loudly or indulging in noisy activities that may annoy or distract other users (e.g. dropping weights forcefully) or any other form of conduct that is deemed inappropriate by the management & staff of the Gym.

6. Usage of Equipment

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 gym staff on duty.

Gym users will be held responsible for any damages caused to the equipment by them.

Gym users are expected to practice good hygiene and gym etiquette by observing the following:

- Return all equipment to its original place after use.
- A personal towel must be used at all times. Gym users are not allowed to share towels.
- Do not hog the machines. Cardio machines are restricted to 30 minutes per use during peak hours. All other equipment shall be shared among gym users at all times. Free weights are not to be taken out of its designated area. Safety collars must be used at all times.

No equipment shall be removed from the gymnasium. Theft cases will be referred to the police.

7. Prohibitions

No smoking, eating or gambling is allowed within the entire compound of the Gym.

Drinks – Only water or isotonic drinks contained in proper “non-spill” sports bottles are to be brought into the exercise area. All other fluid shall be consumed in the changing rooms.

No personal exercise equipment is allowed to be brought into the Gym. If in doubt, check with the staff on duty. For safety reasons, all mobile phones, MP3 players, Discman, etc., should be made inaudible to other users and properly secured to the body of the owner when exercising.

8. Usage of Lockers

All Gym Users are required to surrender their matrix or membership cards at the Gym Reception in exchange for the use of a locker to keep their belongings. For security reasons, gym users are not allowed to leave their belongings unattended in the gym compound. All cases of theft and / or sabotage will be referred to the Police.

DISCLAIMER

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 SMU, nor its servants 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 SMU, its servants or agents), however arising from your use of the Gym.

All gym users are advised to seek medical consultation and clearance before embarking on any exercise programs.

THE MANAGEMENT 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.