

Fitness Centre (FC) Rules & Regulations

1. Access

- a. The operational hours of the FC are from 0600H to 2359H daily during academic terms.
- b. This facility is strictly for:
 - i. Students, staff, faculty members and residents of the Yale-NUS College Community,
 - ii. Alumni of Yale-NUS College who have gotten approval to access the space,
 - iii. NUSC students and staff residing on Yale-NUS Campus.

2. Safety

- a. The use of the facility is at your discretion and risk.
- b. Do not use the FC when you are unwell.
- c. It is recommended that you have a spotter when using free weights.
- d. Consult any Athletic & Recreation staff or Student Associates if you are unfamiliar with using any equipment.
- e. You are not allowed to remove any equipment from the FC without approval from the Athletics & Recreation department.

3. Attire and Belongings

- a. Users of the FC should be properly attired at all times, i.e., sports apparel and covered shoes.
- b. All bags and belongings should be stored in the storage area provided.
- c. Users are responsible for their valuables and belongings.

4. Etiquette

Always show consideration to other users by:

- a. Returning all equipment to their proper storage places after use.
- b. Not hogging any equipment or machines.
- c. Wiping down backrests, seats, or equipment after use.
- d. Use headphones instead of playing music openly in the FC.

I acknowledge that I have read and understood the above rules and regulations for accessing the Yale-NUS Fitness Centre.

Full Name

Date