

NUS FITNESS GYM

RULES & REGULATIONS

DRESS CODE

1. All gym users must wear proper sports attire. Jeans, bermuda shorts, denim, and work pants are not allowed. Upper-body tops must be worn at all times. Torn clothing is prohibited.
2. For safety reasons, all gym users must wear athletic shoes. Footwear such as sandals, slippers, and going barefoot is prohibited.

GENERAL RULES AND REGULATIONS

1. All gym users using the equipment in the gymnasium are responsible for their personal safety, as well as for the safety of other users.
2. We recommend that all users seek advice and assistance from our gym staff if necessary.
3. All personal belongings, such as bags, must be placed in the coin-operated lockers or the racks provided.
4. We recommend storing valuables in the lockers. All items must be removed from the lockers by the end of the day.
5. For hygiene reasons, all gym users must use their personal towels. Please use your towel to wipe seats/equipment after use.
6. No smoking, eating, or drinking (except plain water) is allowed in the gym.
7. Please handle all equipment in the gym with care. Please do not drop weights, and return all equipment/accessories to their proper locations after use.
8. Do not use the free weights outside the designated area.
9. Olympic bars are for designated stations only and must not be removed.
10. Please mute mobile phones and refrain from speaking loudly inside the gym.
11. Private coaching services are not allowed within the gym except for sessions arranged and conducted through the University's designated fitness programs.
12. Please be considerate and do not rest on the fitness equipment machine.
13. To prevent hogging of fitness equipment/accessories, do limit the use of each machine to 30 minutes usage, especially for cardiovascular machines.
14. No reservations of equipment/machines are allowed.
15. The management reserves the right to claim any damages from users for any misuse or modification of existing equipment.
16. The use and storage of personal gym equipment is not allowed in the NUS Gym.
17. Please use personal wireless earpiece devices to respect personal space and not interfere with the movement of the workout.
18. All users must follow government pandemic regulations (if in effect).
19. NUS reserves the right to close the facilities for maintenance, safety purposes or other reasons deemed necessary for the management and protection of the property.

ACCESS TO GYM

1. Access to the gym is limited to NUS students, NUS staff with gym memberships, and REBOKS guest account users.
2. Gym users must be 13 years old and above.
3. Please exercise social responsibility. The management reserves the right to deny entry to users who are feeling unwell, recovering from illness, or under the influence of drugs or alcohol.
4. No photography or filming will be allowed without prior approval from the Sports Management Unit.
5. Bicycles and Personal Mobility Devices (PMDs) are prohibited in the gym.
6. Trespassers will be reported to the police.



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