

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.

SAFETY AND RESPONSIBLE USE

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. All gym users are responsible for ensuring that they are physically fit to exercise. If you feel unwell or experience any discomfort while exercising, please stop your workout immediately and seek medical attention where necessary.
3. For your safety and the safety of others, please follow the instructions of our gym staff. If you are unsure about the proper use of any equipment or whether an activity is permitted, please check with our gym staff before proceeding.
4. For your safety, do not attempt to lift weights beyond your personal capacity or ability. Please use a spotter when performing exercises involving free weights above you, where appropriate.

USE OF EQUIPMENT

1. Please check the equipment before use and report any damaged, defective or malfunctioning equipment to our gym staff immediately. Do not use equipment that appears to be unsafe.
2. Please handle all equipment in the gym with care. Weights must be lowered in a controlled manner and must not be dropped or thrown. Please return all equipment/accessories to their proper locations after use.
3. Do not use the free weights outside the designated area.
4. Olympic bars are for designated stations only and must not be removed.
5. Safety collars/ barbell clips must be used when using free-weight bars, where applicable.
6. For safety reasons, do not misuse or modify any gym equipment. This includes adding free weights to weight-stack machines, placing your feet on Smith machine bars, or carrying dumbbells while using cardiovascular machines.
7. Olympic weightlifting and plyometric exercises must only be performed in designated areas with suitable platforms, equipment and sufficient space.
8. Please be considerate and do not rest on the fitness equipment machine.
9. To prevent hogging of fitness equipment/accessories, do limit the use of each machine to 30 minutes usage, especially for cardiovascular machines.
10. No reservations of equipment/machines are allowed.
11. The management reserves the right to claim any damages from users for any misuse or modification of existing equipment.
12. The use and storage of personal gym equipment is not allowed in the NUS Gym.
13. Users are required to seek prior permission from the gym staff before using any personal or external equipment or accessories within the gym. Campus Services, Sports Unit and its gym staff reserve the right to prohibit the use of any such equipment or accessories that may affect gym operations or pose a safety risk.

ACCESS TO GYM

1. Access to the gym is limited to NUS students, NUS staff with gym memberships, and REBOKS guest account users.
2. 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.
3. No photography or filming will be allowed without prior approval from Campus Services, Sports Unit.
4. Bicycles and Personal Mobility Devices (PMDs) are prohibited in the gym.
5. Trespassers will be reported to the police.
6. Misuse or unauthorised sharing of gym access privileges or accounts may result in the suspension or withdrawal of gym access.
7. The Campus Services, Sports Unit, and its gym staff reserve the right to temporarily restrict or delay entry to the gym to prevent overcrowding or where there are safety concerns.
8. The Campus Services, Sports Unit, and its gym staff reserve the right to deny entry to or require any user to leave the gym for failure to comply with these Rules and Regulations.

PERSONAL BELONGINGS AND HYGIENE

1. All personal belongings, such as bags, must be placed in the lockers or the racks provided. All items must be removed from the lockers or the racks by the end of the day.
2. Items left behind may be removed by the Campus Services, Sports Unit, and its gym staff.
3. For hygiene reasons, all gym users must use their personal towels. Please use your towel to wipe seats/equipment after use.
4. For cleanliness and maintenance of the gym equipment, the use of chalk is not allowed.
5. No smoking, eating, or drinking (except plain water) is allowed in the gym.

CONDUCT AND GENERAL RULES

1. Please mute mobile phones and refrain from speaking loudly inside the gym.
2. Private coaching services are not allowed within the gym except for sessions arranged and conducted through the University's designated fitness programs.
3. Please use personal wireless earpiece devices to respect personal space and not interfere with the movement of the workout.
4. Please be considerate and respectful towards our gym staff and other users. Abusive, threatening or harassing behaviour will not be tolerated, and users engaging in such behaviour may be required to leave the gym.
5. The gym is intended for exercise. Users who are not exercising should not obstruct the exercise areas or prevent other users from using the equipment.
6. Pets are not allowed in the gym.
7. All users must follow government pandemic regulations (if in effect).
8. 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.

Please scan the QR code to visit our website for the latest NUS Fitness Gym Rules and Regulations.



Share your feedback or suggestions with us by visiting uci.nus.edu.sg/contact.



Campus Life
University Campus Infrastructure