

# GYM RULES

1. SMOKING, EATING AND DRINKING (EXCEPT WATER) IS PROHIBITED IN THE GYMNASIUM AT ALL TIMES.
2. PROPER WORKOUT ATTIRE (SHORTS, T-SHIRTS, SWEATPANTS, AND SWEATSHIRTS) SHOULD BE WORN. NO INAPPROPRIATE OR VULGAR WORDS OR GRAPHICS MAY BE WORN. JEANS OR PANTS WITH BUTTONS, HARDWARE (ZIPPERS/RIVETS), AND STRAPS ARE ALLOWED.
3. DRY, CLOSED-TOP ATHLETICS SHOES OR SNEAKERS MUST BE WORN AT ALL TIMES.
4. SHIRTS MUST BE WORN AT ALL TIMES.
5. SAND MUST BE REMOVED FROM SHOES BEFORE ENTERING THE FACILITY.
6. THE CARDIO EQUIPMENT IS AVAILABLE ON A "FIRST COME, FIRST SERVE" BASIS. YOU MAY USE THE EQUIPMENT FOR 30 MIN OR LESS AT A TIME DURING BUSY TIMES.
7. IT IS MANDATORY FOR YOU TO BRING A PERSONAL WORKOUT TOWEL.
8. IT IS THE INDIVIDUAL USER'S RESPONSIBILITY TO CLEAN UP EQUIPMENTS/ MACHINES AFTER USE.
9. **RETURN AND RACK** ALL WEIGHTS (PLATES, DUMBBELLS) AFTER USE. VIOLATORS WILL BE ASKED TO LEAVE THE FACILITY.
10. DO NOT DROP THE WEIGHTS OR LEAN THEM UP AGAINST ANYTHING, AND USE EXTREME CAUTION IN MIRRORED AREAS.
11. CHILDREN AGED 11 YRS AND BELOW ARE NOT PERMITTED IN THE GYM HOWEVER, CHILDREN AGED 12 YRS TO 16 YRS ARE ALLOWED WITH ADULT SUPERVISION.
12. DON'T HOG THE EQUIPMENT.
13. PLEASE BE CONSIDERATE FOR OTHER GYM USERS AND DO NOT INCREASE THE VOLUME OF THE RADIO.
14. DO NOT BRING IN ANYTHING VALUABLE (WE ARE NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS).
15. YOU WILL NOT BE PERMITTED TO USE THE FACILITY WITHOUT YOUR MEMBERSHIP ID CARD AT ANY TIME. USE OF CARD BY ANYONE OTHER THAN YOU WILL CAUSE IT TO BE CONFISCATED. **TRESPASSING ACTION WILL BE ENFORCED.**
16. IN CASE OF EMERGENCY, CONTACT A GYM EMPLOYEE IMMEDIATELY. THE STAFF PERSON WILL HELP CONTACT THE AUTHORITIES WHEN IT IS DEEMED NECESSARY AND PROVIDE EMERGENCY CARE IF NEEDED.
17. NSSC TAKES NO RESPONSIBILITY FOR ANY INJURY INCLUDING OF INJURY RESULTING FROM POSSIBLE MALFUNCTION OF THE EQUIPMENT(S).
18. IN CASE OF FIRE OR ALARM, ALWAYS USE CAUTION AND SAFELY LEAVE THE BUILDING.
19. ANY ACTIVITY OR EXERCISE RESULTING IN PAIN, FAINTNESS, DIZZINESS, OR SHORTNESS OF BREATH SHOULD BE STOPPED IMMEDIATELY.
20. IF ANY MEMBER VIOLATES ANY OF THE POLICIES, NSSC HAVE THE RIGHT TO REVOKE MEMBERSHIPS.
21. ALL BAGS MUST BE PLACED ON THE CABINET PROVIDED. ALL CARE TAKEN BUT NO RESPONSIBILITY.
22. PLEASE DO NOT OVERLOAD GYM EQUIPMENT. ANY DELEBRATE DAMAGES CAUSED TO EQUIPMENT MAY BE ASKED TO PAY FOR THE REPAIR.