

RULES AND REGULATIONS FOR GYM USERS

PLEASE BE COURTEOUS TO ALL USERS WHILE WORKING OUT

ATTIRE AND FOOTWEAR

All gym users must be properly attired in standard workout clothes while in exercise area. Any form of attire, which may cause risk of safety to self or other gym user, or potential damage to the equipment, is prohibited.

The management & gym staff on duty reserve the right to decide on the suitability of the sporting attire worn by gym users.

Please bring your own towel and wipe your sweat off the seats or machines using wipes provided.

Wear clean and dry clothes while working out. Athletic shoes only. No sandals nor heels. Inappropriate body odor is offensive.

GYM EQUIPMENT

All gym users are expected to practice good hygiene and gym etiquette.

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 staff member on duty.

Use discretion when you talk to others while they are using equipment. Especially those using cardio equipment and free weights.

Keep conversation short and soft as not to disturb other users' concentration and workout. Cardio Section ·

Do not monopolize the machines. Machines are restricted to 30 minutes per use during peak hours.

All other equipment shall be shared among gym users at all times. ·

Do not use weights while on cardio equipment.

Weights Section

DO NOT SLAM, DROP, CLANG, OR THROW DUMBBELLS OR FREE WEIGHTS on the floor when you are finished.

DO NOT LEAVE EQUIPMENT LYING AROUND someone could trip over it. Replace equipment to its original state and location after use.

ALWAYS USE THE COLLARS that prevent weights from falling off the barbells.

Please stand 3 FEET AWAY from the glass mirror for those who are carrying the dumbbells and free weights.

RETURN ALL GYM EQUIPMENT, BARBELLS, DUMBBELLS AND FREE WEIGHTS TO THEIR DESIGNATED PLACES AFTER USE.

Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions.

Ask for assistance from the counter staff if you are unfamiliar with equipment.

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

Gym Users are responsible for their own safety and any injuries incurred while using the equipment so please be extra careful.

PROHIBITION

Food and drinks (except for plain water) is not allowed at the workout area or dance studio at any time.

Water consumed during workout must be in a container with a lid. Any spills must be cleaned immediately.

No smoking or alcohol on premises.

PHYSICAL CONDITION

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

Be sure to always integrate warm-ups, stretching, and cooling- down into your program. This will reduce your risk of injury.

Proper use of all machines & free weights is important not only to work your muscles correctly, but also to prevent injury.

Always do your exercises through a full range of motion in a slow, controlled manner.

When using all machines & free weights users must not let the weights fall but to release them slowly in a controlled manner. Failing to do so will make noise and spoil the equipment. Users not following the proper use of the equipment as stated above will be given stern warning before asking user to leave the gymnasium.

PERSONAL BELONGINGS

All Gym users are required to keep their belongings in the open shelves provided.

NO BAGS ARE ALLOWED ON THE WORKOUT FLOOR.

Staff on duty are not responsible for personal belongings of gym and dance studio users.

Please do not bring any valuables to the gymnasium or/and the dance studio as the university/staff will not be responsible for any lost or theft of such items/valuables

GENERAL

No personal notices, advertising or other literature, to be posted or distributed at the gymnasium/dance studio.

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

PLEASE DO NOT TOUCH THE MUSIC OR SCREENS. Adjustments to the stereo, AC, or other equipment is to be made by staff only.

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 Middlesex University Dubai, nor its staff shall be liable for any loss or damage to property or death or personal injury arising from your use of the Gym.

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.

INDIVIDUALS NOT ADHERING TO THESE RULES & REGULATIONS MAY BE ASKED TO LEAVE or/and the management reserves the right to bring the gym users who do not adhere to the rules and regulations to respective disciplinary board.

USERS MUST EXIT THE GYM PROMPTLY BEFORE CLOSING TIME.

MIDDLESEX UNIVERSITY DUBAI 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.