

General Terms & Conditions

1. The use of gym is optional but strongly encouraged. People with pre-existing medical conditions should receive clearance from their respective physicians before undertaking strenuous exercise. The use of gym equipments requires knowledge and training. Users are strongly urged to take help from knowledgeable members to train. Do not train without proper supervision and guidance.
2. Members must keep ID card with them and without the ID cards the entry in the gym will not be permitted.
3. Consumption of alcohol and other drugs while using gym facility and in the premises of the Institute are strictly prohibited.
4. Show respect to other gym users. Don't grab equipment already being used by others.
5. Be courteous and share the workout equipments.
6. Don't rest on workout equipments. If you are not using them, move away and make space for others.
7. Re-rack your plates and your dumb-bells when you finish your workout.
8. Don't wear dress already stinking with sweat into the gym.
9. No open toed shoes, sandals or thongs are allowed in the exercise area during training times or "open gym" times.
10. Move away from the front of dumb-bell rack before starting the workout.
11. Don't block others from accessing the dumb-bell rack.
12. Be mindful while loading/unloading the bar. Bar must be uniformly weighted at either ends at all times.
13. Don't do dangerous exercises like swinging kettle/dumb-bells in crowded area.
14. Don't encroach the area being used by a member for training.
15. Don't drop dumb-bells and barbells on to the floor. NEVER SLAM DOWN THE WEIGHTS.
16. Place dumb-bells and weighted plates of loaded barbells on mats provided for that purpose.
17. Unreasonable, threatening, obscene, harassing, indecent or illegal behaviour will not be tolerated.
18. Institute reserves the right to terminate the membership of any member in case of unacceptable behavior.
19. Members are liable for damages to gym property that results from the willful or negligent conduct of a member and will be liable to pay the amount assessed by the Institute.
20. Institute will not take any responsibility for any Theft/Damage of the personal belongings of the members. All personal belongings are kept at member's risk and do not bring valuable articles to the gym.
21. All members agree to learn and abide by all the rules and policies set by Institute which are subject to periodic upgradation.
22. The Institute will not be liable for any injuries you sustain at gym/gym premises.
23. Membership fee of Rs. 250/- (Rupees Two hundred and Fifty only) has to be paid at the cash counter of the Institute. Fee once remitted will not be refunded.

24. Monthly fee of Rs.300/- (Rupees Three Hundred only) will be deducted from the salary.
25. Timing will be from 5AM to 8AM and 4PM to 9PM. The time allotted per person is one hour, either in the morning or in the evening shift.
26. Penalty and disciplinary procedure will be initiated for misconduct if any, as per Service & Personnel Conduct Rules of the Institute.

DECLARATION

I _____(name), _____(code) hereby declare that the particulars given by me are true to the best of my knowledge and undertake to abide by all the above terms and conditions. I will be responsible for any misuse/damage to the equipments, installations, furniture, fittings, etc. due to willful action or negligence on my part and will be liable to pay the amount assessed by the Institute.

Date:

Signature of the Employee

FOR OFFICE USE

1. Date of Admission :
2. Membership number :
3. Membership fee collected : Rs.

Recommended / Not Recommended

Security & Safety Officer

Approved/Not approved

Medical Supdt. / Dy. Medical Supdt.