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No. B. 12018/2/08- HTC (HTE)

Dated Hnahthial, the 1<sup>st</sup> July, 2019

### **RULES AND REGULATIONS FOR GYMNASIUM GOVT HNAHTHIAL COLLEGE**

*Gymnasium provide students with physical exercise on a consistent basis. It is particularly important for the physical well-being who do not engage in physical activities outside campus.*

#### **Opening Hours:**

- The Gymnasium opens : Monday to Friday (10:00 am to 5:00 pm)

#### **Dress Code:**

- All users should wear appropriate apparel and footwear to comply with the requirements of the Gymnasium.
- All users must be properly attired in standard workout clothes i.e. Tank tops, T-shirts, shorts, leotards with running or cross training shoes while in exercise area.
- Any form of attire, which may cause possible infringement of safety to self or other gym user, or potential damage to the equipment, is prohibited.
- Swimsuits, Jeans and street clothes, slippers, sandals, boots and open-toed shoes are not allowed.

#### **Access to Gym:**

- The Gymnasium is mainly for the entry and use of students, faculty and staff.
- It is reserves for persons of the age of 16 or above only.
- Persons under 16 years of age must be accompanied by an adult to use the gym.

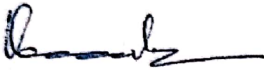
#### **General Rules and Regulations:**

- All users must follow the instructions and observed safety precautions pertaining to the use of equipment of Gymnasium.
- Persons using the equipment in the Gymnasium are responsible for their own safety. They are advised to seek advice and assistance from instructors in the Gymnasium if necessary.
- Smoking, eating and drinking (except water) is prohibited in the Gymnasium at all times.
- For the safety of all users, please refrain from preventing or interfering others' use of the equipment in the Gymnasium.
- For the benefit of all, it is requested that you must return equipment to the corresponding place.
- Private coaching, assessments and other related activities are not allowed without prior authorization from the college.
- Please mute mobile phones and pagers while on Gym.
- Please do not speak loudly inside the Gym.
- The use of personal towel is required in order to avoid possible contagions.
- All machines & free weights users must not let the weights fall but to release them slowly in a controlled manner.



- Please handle the equipment in the Gymnasium with care. Users are responsible for any damages to the facilities or equipment.
- Users are responsible for their own property and safety.
- The college will not be responsible for any loss, injury or death of anyone using the facility.
- Failure to comply with the above rules may result in loss of gym privileges. Instructors may take actions to defaulter of the rules and regulations.

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.



**(K.LALSANGLUAIA)**

Principal  
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