

龐萬倫學生中心健身室(309室)使用規則

User Guidelines of Fitness Room (Room 309) at Pommerenke Student Centre

基本資料 Basic Information

1. 健身室只供持有效「中大通」及「大學健身室使用證」的香港中文大學學生及教職員使用。
The use of Fitness Room is restricted to CUHK students, teachers and staff upon presentation of valid CU Link Card and University Weight Training Room User Card only.
2. 健身室於星期一至六開放，時間為星期一至五上午九時至下午2時及下午3時至晚上10時、星期六上午11時至下午1時30分及下午2時30分至晚上6時。周日及公眾假期休息。
The Fitness Room is open on weekdays from 9:00am to 2:00pm and from 3:00pm to 10:00pm; Saturdays from 11:00am to 1:30pm and from 2:30pm to 6:00pm. It is closed on Sundays and public holidays.
3. 使用者可於健身室開放時間內，隨時到場使用，毋須預約。
The Fitness Room is available for use during opening hours and no reservation is required.
4. 如學生事務處認為健身室不宜使用，及以便進行清潔、保養維修或其他工作，有權將之關閉，而毋須事前通知。
Office of Student Affairs reserves the right to close the Fitness Room without prior notice if consider it is not suitable for use; also for cleaning, renovation or maintenance or other purposes.

使用規則 Rules and Regulations

1. 請帶備「中大通」進入健身室。所有「中大通」只供持有人使用，不得轉借。非法使用者其中大通會被沒收。
Please bring along the CU Link Card to the Fitness Room. CU Link Card is non-transferrable and is for exclusive use of the person named on the card. The CU Link Card will be confiscated if presented by anyone other than the rightful owner.
2. 使用者必須把「大學健身室使用證」放在證件架內。
User must put his/her University Weight Training Room User Card into the rack in the Fitness Room before using the facility.
3. 在任何時候，健身室（309）限最多八人逗留。
A maximum of EIGHT users are permitted to remain in Fitness Room (309) at any time.
4. 請小心使用健身室內的設施；若場地或設施有任何損壞，使用者須按值賠償。
Please take good care of the facilities in the Fitness Room. In case of any loss or damage, users are responsible to pay for the repair or replacement.
5. 進行健身運動時，所有使用者必須穿著適當運動衣，嚴禁穿著牛仔褲、街頭服飾或赤足赤膊。於禮堂內必須穿著不留印運動鞋，不可穿著皮鞋、拖鞋或高跟鞋。
User must wear appropriate sport attire during exercise. Jeans and streetwear are strictly prohibited. Bare foot or bare-chested is NOT allowed. User must wear non-marking sport shoes in the Multi-purpose Hall, not leather shoes, slippers or high heel shoes.
6. 校園內嚴禁吸煙。健身室內，不准飲食(清水除外)。
Smoking is strictly prohibited on campus. Eating and drinking is NOT allowed in the Fitness Room (except water).
7. 健身室內不可舉辦任何商業或金錢交易活動。
Any kinds of commercial activities or activities involving money transaction are prohibited in the Fitness Room.
8. 為顧及個人衛生及保護健身器材之耐用性，使用者必須保持其整潔。使用器材後請抹去留在器材上之汗漬。
User must maintain the cleanliness of the equipment in order to promote personal hygiene and the durability of the equipment. Please wipe off the sweat stain on equipment after use.
9. 若有其他使用者輪候，每件器材最多只可使用30分鐘。
For a fair and respectful exercising environment, do not use equipment for more than 30 minutes whenever there is other user waiting.
10. 安全守則：
Safety precautions：
 - 10.1. 若有下列症狀，請於活動前諮詢醫生：
User having any of the following disease should consult physicians before exercise:
 - 心臟病 Heart disease
 - 高血壓Hypertension
 - 糖尿病 Diabetes
 - 肝病 Liver disease

10.2. 初學者請盡量與同伴一起進行活動。

All beginners are strongly advised to exercise with a partner.

10.3. 操作前檢查器械是否操作正常及安全。如器械出現機件故障，請立刻停止使用及切勿自行維修，應立即通知龐萬倫學生中心一樓學生事務處服務台跟進。

Please check if equipment is working properly and safely before using. If the equipment is out of order, please stop using it immediately and do not attempt to fix it by yourself. Contact Office of Student Affairs' Service Counters at 1/F Pommerenke Student Centre for follow-up

10.4. 請遠離擺動中之器材。

Please stay away from swinging equipment.

10.5. 健身室內，不可追逐。

No running inside the Fitness Room.

10.6. 若出現下列症狀，應立刻停止活動：

Stop exercise immediately if user has any of the following symptoms:

- 暈眩 Dizziness
- 胸痛 Chest pain
- 作嘔 Nausea
- 不正常之呼吸 Abnormal breathing
- 肌肉及關節持續疼痛 Continuous soreness of certain muscle / joint

10.7. 遇有使用者在活動期間發生意外或受傷，必須立即向學生事務處服務台報告。

All injuries or accidents must be reported immediately to the **Service Counter of the Office of Student Affairs**.

注意事項 Notes

1. 所有使用者必須嚴格遵守本使用規則、龐萬倫學生中心的其他規則及「師生中心使用條款及細則 (適用於范克廉樓、富爾敦樓及龐萬倫學生中心)」 (<https://www.osa.cuhk.edu.hk/joiningcuhk/campus-life/amenities-sport-facilities-facilities-booking/>)。若有違反，學生事務處有權停止其使用權利，最長可達六個月。
All users must abide by the rules and regulations set out for the Snooker Room, other policies set for the Pommerenke Student Centre as well as the “Terms and Conditions of Use of Staff-Student Centres (Benjamin Franklin Centre, John Fulton Centre and Pommerenke Student Centre)” (<https://www.osa.cuhk.edu.hk/joiningcuhk/campus-life/amenities-sport-facilities-facilities-booking/>). Office of Student Affairs reserves the right to debar users who fail to observe the aforesaid regulations from booking and using the venue for up to six months
2. 若在健身室內發生意外，導致損失或受傷，學生事務處概不負責。
Office of Student Affairs shall not be liable for any personal injuries or accidents howsoever caused, during the use of the Fitness Room.
3. 學生事務處有權於任何時間對本規則作出修改。
Office of Student Affairs reserves the right to amend the terms and conditions of these guidelines.
4. 倘中文版本與英文版本有任何歧異或不一致，概以英文版本為準。
The English version shall always prevail in case of any discrepancy or inconsistency between Chinese version and its English version.