



Code of Conduct

1. **All gym users** are required to undergo gym orientation conducted by a Summit Health & Fitness Centre Instructor.
2. **Register** at the Reception Counter every visit.
3. **Attire** -
 - a. All users must be appropriately dressed in exercise attire.
 - b. Attire that comes with zippers or sharp protruding objects that may damage the upholstery of equipment is discouraged.
 - c. Examples of appropriate/ inappropriate attire:

Appropriate	Inappropriate
a) T-shirts (without offensive words or design)	a) Bare Body
b) Tights/ Leotards	b) Denim jeans & Street Clothes
c) Running and Other Sport shorts	c) Pyjamas
d) Track Pants	d) Bare feet; Slippers; Street Shoes
e) Running/ Court Shoes	e) High-cut Hiking Boots
f) Aerobics Shoes	f) Swimming Costumes

4. **Towels** - for hygiene purposes, users must carry a personal towel while working out in all exercise stations.
5. **Prohibitions** in the Summit Health & Fitness Centre –
 - a. Neither smoking nor consumption of food or drinks is allowed in the gym.
 - b. The use of personal exercise equipment at the gym is not allowed unless prior approval is given.
6. **Personal Conduct** - users should refrain from talking loudly or indulging in noisy activities (for example, shouting or dropping of weights forcefully that may annoy other patrons) or any other conduct that is deemed improper at the Summit Health & Fitness Centre.
7. **Use of Equipment** –
 - a. Users must observe all safety regulations pertaining to the use of exercise equipment.
 - b. Please do not hog the machines - cardio machines are restricted to 20 minutes per usage at all time.
 - c. Safety collars must be used when carrying heavy weights.
 - d. Users are to return all equipment to their respective places after use.
 - e. Under no circumstances shall any exercise equipment be removed from the gym.
 - f. A member or his/ her guest, who is responsible for the loss/ damage of the equipment in the room, shall bear the cost.
8. **Age restriction** – persons under the age of 16 are not permitted in the gym unless accompanied by their responsible adult (e.g. teacher or coach).
9. The Management Committee or its authorised staff reserves **the right to refuse entry** into Summit Health & Fitness Centre.
10. **Safety and Indemnity** - While the Centre will ensure proper and regular maintenance of equipment, the Staff, the Management Committee, its staff, its agents or representatives shall not be liable to the patrons and/or his/her family for death, disability, personal injury or any loss howsoever in the connection to the use of the Summit Health & Fitness Centre. All first time users are advised to have a physical/ medical examination prior to undergoing such activities.
11. The Management **reserves the right to amend and vary rules** and regulations at its discretion.
