



THEi Fitness Centre
香港高等科技教育學院健身室

(Applicable to Fitness Centre at Kowloon Tong Campus: Room 013)
(適用於九龍塘分校內之健身室：013 室)

Rules and Regulations 使用規則:

1. All users are required to bring their OWN Fitness Centre User Card to the Fitness Centre. The Fitness Centre User Card is non-transferrable and is for exclusive use of the person named on the card. The Fitness Centre User Card will be confiscated if presented by anyone other than the rightful owner.
使用者必須帶備健身證進入健身室。健身證只供持有人使用，不得轉借。如發現非法使用他人證件，有關健身證將會被沒收。
2. If user lost his/her Fitness Centre User Card, he/she must report to the department and re-apply for a new card.
如遺失健身證，必須向本學系報告及重新申請健身證。
3. Guests are not allowed to enter the Fitness Centre.
訪客不得進入健身室。
4. Users are required to sign in and out on the log book with their name, student ID number, VTCRN number and check-in/out time. Users should put their Fitness Centre User Card in a designated place in the Fitness Centre before using the facility.
使用者須在記錄冊上寫上姓名、學生証號碼、教職員號碼、進出時間及簽名。
使用者健身證需在使用健身室前放在指定位置內。
5. All users must wear appropriate workout attire and closed-toe, non-marking, athletic shoes. The upper torso must be completely covered. Wearing jeans, slippers, leather shoes, skirt, suit are NOT ALLOWED to enter the Fitness Centre.
6. 使用者必須穿著合適的運動服裝及包趾、不脫色運動鞋。嚴禁穿著牛仔褲、皮鞋、裙、拖鞋、或赤足赤膊等進入健身室。
7. Changing in the Fitness Centre is not allowed.
使用者嚴禁在健身室內更衣。
8. Only water is allowed in the Fitness Centre. Eating, chewing gum and smoking are not permitted in the Fitness Centre.
只能攜帶水進入健身室。健身室嚴禁進食、嚼口香糖和吸煙。
9. All equipment is belonged to THEi, users are not allowed to take away from Fitness Centre.
健身室內所有器材均屬於香港高等科技教育學院，使用者不得擅自取走。
10. For the sake of courtesy, users should refrain from talking loudly or indulging in noisy activities that may annoy or distract other users, such as dropping equipment forcefully.
為他人設想，請勿製造噪音，例如大聲喧嘩及大力擲、扔、拋器材。

11. Please place the equipment back to the original place after use, including dumbbells, discus, bars, etc.
所有器材使用後請放回原位，包括啞鈴、鐵餅、槓鈴等。
12. To keep the Fitness Centre clean, please wipe away the sweat and dirt left on the equipment.
保持健身室清潔及衛生，使用器材後請抹去汗漬及污漬。
13. Users are asked to adhere to a 20-minute time limit for all cardio equipment during peak times.
使用者在繁忙時段使用所有帶氧運動器材最多限時 20 分鐘。
14. No running or chasing inside the Fitness Centre.
健身室範圍內嚴禁追逐。
15. Report all injuries and maintenance needs to the duty officer in Fitness Centre.
如遇受傷或發現器材有維修需要請向健身室值班人員報告。
16. All users are not allowed to use the sockets in the Fitness Centre without authorization.
未經許可，不可使用健身室內之電插座。
17. Please take good care of your belongings.
請小心保管個人財物。

The department reserves the right to add, delete or amend the above rules and regulations at its own discretion at any time as it deems fit, without having to inform any users. 本學系有權於任何時間就以上規則作出新增、刪除或修改，毋須事前通知。