**Fitness Center and Yoga Studio, Chung Chi College CUHK,**

**Membership Terms and Conditions**

1. The Fitness Center and Yoga Studio are for members only;
2. The opening hours of the venue are 24 hours daily, 7 days a week with CCTV recording ;
3. Non-marking sports shoes must be worn in the Fitness Center and Yoga Studio. Leather shoes, slippers or high heels are not allowed. When exercising, all users must wear appropriate sports clothing;
4. In order not to affect others, radios or other audio equipment (except with earphones) are not allowed in the Fitness Center and Yoga Studio;
5. All equipment in the Fitness Center has instructions on or near it. To ensure safety, users must abide by the relevant guidelines, and do not overestimate their physical strength or ability;
6. All equipment in the Fitness Center and Yoga Studio is on a first-come, first-served basis. If another one is waiting to use the equipment, the maximum usage time for each equipment is 30 minutes;
7. For the sake of others, please clean the used equipment for the next user;
8. Eating, smoking, spitting and littering are strictly prohibited in the venue;
9. Without the consent of the College, no one can move any gymnasium facilities or equipment;
10. Unless prior approval has been obtained from Chung Chi College, no course or training service shall be provided in Fitness Center and Yoga Studio;
11. The College will conduct training courses at the Yoga Studio. The Yoga Studio will not be open to individual members’ use during the course hours;
12. The access system will store the user's name, student ID or staff ID number, and the time of entry and exit. If there is any damage/loss/contamination of the venue and all facilities and equipment in the venue, the user shall be fully responsible and must pay related repair/replacement/cleaning costs;
13. All users must tap their ID card every time they get into the venue, and NOT to let anyone follow them to enter the venue without tapping their card;
14. Users should avoid bringing large amounts of money or valuables into the fitness room, and take good care of personal belongings. The College shall not be responsible for any loss, death, injury or damage caused or caused by any person using this venue;
15. The College has the right to refuse entry to anyone who violates the above rules or harasses or endangers other users;
16. The College reserves the right to change the above rules at any time without prior notice;
17. Upon special conditions, the College may suspend the opening of Fitness Center and Yoga Studio at any time without prior notice;
18. In case of any dispute over this code, the final decision of Chung Chi College shall prevail.

**Membership categories:**

1. The membership of Fitness Center and Yoga Studio will be on a yearly basis (from July 1 to June 30) is categorized as follows:
   1. Chung Chi students: HK$100/year;
   2. Chung Chi teachers and staff, Chung Chi Staff Quarter residents, or Chung Chi Staff Club members: HK$300/year;
   3. Chung Chi alumni or staff of CUHK: HK$500/year;
2. After completing the membership registration and settling the fee, you can use the venue unlimited times during the opening hours in that year;
3. The above fees shall apply to membership approved between July and December, only half of the above fees are required for membership approved between January and June;
4. The membership can only be used by the member himself/herself, and cannot be leased/transferred/transferred to others. Once found, the College reserves the right to the cancellation of relevant membership qualifications;
5. Please fill in and submit the membership application form. The membership fee needs to be paid upon approval. Once paid, there is no refund.
6. Access card will be issued to those without CULink card. HK$50 deposit is required for each access card and it will be refunded upon returning the access card to Chung Chi College in person within 6 months after membership expires. No refund of deposit if the card is returned by mail.

**Safety Rules:**

1. Persons under the age of 16 are not allowed to enter the Fitness Center and Yoga Studio to use any facilities;
2. If you have the following symptoms, please consult your doctor before exercising:
   1. Heart disease
   2. High blood pressure
   3. Diabetes
   4. Liver disease
   5. Asthma
   6. Other Cardiovascular Diseases
3. If symptoms such as dizziness, chest pain, nausea, abnormal breathing, or persistent pain in muscles and joints occur, stop activities immediately;
4. If you feel unwell or in pain/accident, please stop exercising immediately;
5. Do not exercise after taking medicine or when suffering from infectious diseases;
6. Users should adjust the amount of exercise according to age, gender, exercise habits and personal goals, and stop when appropriate;
7. If you are a beginner, please exercise with your companions;
8. Before operation, check whether the equipment is operating normally and safely. If there is a mechanical failure of the equipment, please stop using it immediately and do not repair it by yourself. You should immediately notify the College staff to follow up;
9. Please stay away from swinging equipment;
10. Before using the venue facilities, users should consult a doctor or other professionals to avoid personal injury or equipment damage if there is any health concern;
11. There should be enough time to warm up (10-15 minutes) before exercising to prepare the body. There should also be a relaxation time (10 minutes) after exercise.

**Fitness Center and Yoga Studio, Chung Chi College CUHK**

**Application Form**

**Personal disclaimer:**

1. I declare that I have read this "Usage Rules" carefully, will use the facilities provided by the venue independently, and understand that there are certain risks in any exercise;
2. I promise that if I feel any discomfort or debilitating symptoms, I will stop the training immediately
3. I use the fitness facilities based on my own understanding, cognition and experience, and I am willing to take all responsibilities for my own use of the fitness facilities;
4. I agree and am willing to abide by all the usage rules of the Yoga Studio and Fitness Center of Chung Chi College, The Chinese University of Hong Kong, and understand that exercise safety is the main consideration;
5. I declare that I am in good physical condition and have not been hindered by any disease to exercise;
6. I declare that I have carefully read, understood and agreed to all the items in the above agreement.

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| Name： | | |
| Email Address: | | |
| Student ID/ Staff ID. /Campus Entry Card Serial No.: | | |
| Membership Categories (\*Please select one) | | |
| CC Student | $100/year | $50/half year |
| CC Staff | $300/year | $150/half year |
| CC Staff Quarter Resident |
| CC Staff Club Member |
| CC Alumni | $500/year | $250/half year |
| CUHK Staff |
| Application Date: | | |
| Signature: | | |

**（For Office Use：）**

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| --- | --- |
| Approval Date： |  |
| Name of approver/Unit： |  |
| Approver Signature： |  |
| Fee received and Payment date： |  |
| Cashier's Signature : |  |
| Membership period： |  |
| Guest Card No. ($50 deposit required) |  |
| Card pick-up date and signature :  (residents can be picked up by tenant) |  |