

Fitness Corner Rules and Regulations

1. The opening hours of the Fitness Corner is as follows:
Monday to Friday : 09:30 - 21:30
Saturday : 09:30 - 21:00
2. The Fitness Corner is open to CHCHE staff and students only.
3. Guests may use the Fitness Corner with the prior approval from P.E. Unit.
4. Anyone below the age of sixteen are not allowed to use the facilities.
5. Users must first sign a waiver of liability form provided by CHCHE before any use of the facilities is allowed.
6. User must first sign in at the counter of the Gymnasium before using the Fitness Corner.
7. All fitness equipment are available on 'first-come-first-served' basis. No advance booking is required.
8. Users should be familiarized with the operation of the equipment and seek assistance if in doubt.
9. Users should put on appropriate sports attire and wear non-marking sport rubber-sole shoes.
10. Users after consuming alcohol or suffering from high blood pressure, heart disease and/or physically unfit are advised not to use any of the fitness equipment.
11. Users must not relocate any fitness equipment in the Fitness Corner.
12. Please limit your machine/equipment workout to 30 minutes if others are waiting.
13. After exercise, put equipment back to where it should be.
14. Wipe down the equipment after use with a disinfectant spray.
15. Users will be held financially responsible for the loss or damages of the equipment/facilities of the Fitness Corner.
16. Beware of your surroundings. The P.E. Unit will not be responsible for lost or stolen items in the Fitness Corner.
17. Private coaching is prohibited unless prior approval has been obtained from the P.E. Unit.
18. No photo-taking, video or audio recording is allowed without prior approval by the P.E. Unit.
19. The P.E. Unit may reserve the facility for maintenance, cleansing or activities/events.
20. To maintain a safe environment and prohibit inappropriate situations, users should always adhere to instructions from the staff of P.E. Unit and report any faults or defects immediately if found. The P.E. Unit reserves the right to amend the rules and regulations without prior notice.