



# **SINGAPORE CRICKET CLUB**

## **GYMNASIUM CODE OF CONDUCT**

1. Please **register** on the Registration Log Sheet upon arrival.
2. **Attire & Footwear** –
  - a. Proper fitness attire must be worn at all times, i.e. T-shirts, shorts and sports shoes. [*Bye-Law A.3.(n)(ii)*]
  - b. The following footwear is **not allowed in the Gym**:
    - Slippers
    - Boots
    - Metal or rubber-spiked shoes
    - In barefeet or socks only (without proper shoes)
  - c. Attire that comes with zippers or sharp protruding objects that may damage the upholstery of equipment is discouraged.
3. **Towels** – For hygiene purposes, users must carry a towel while working out in all exercise stations.
4. **Prohibitions** in the SCC Gym
  - a. No food or drinks are allowed to be brought into the gym unless authorised by Management. [*Bye-Law A.3.(n)(iii)*]
  - b. Smoking is not permitted in the gym. [*Bye-Law A.3.(n)(iv)*]
  - c. The use of mobile phones for voice calls in the gym is prohibited at all times. [*Bye-Law A.3.(n)(viii)*]
  - d. The use of personal exercise equipment at the gym is not allowed unless prior approval is given.
5. **Personal Conduct**
  - a. The use of personal music player is permitted in the gym providing at all times that headphones are worn and does not in the Management's sole discretion interfere with or encroach upon the quiet enjoyment of Members. [*Bye Law A.3.(n)(vi)*]
  - b. 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 SCC.
6. **Use of Equipment**
  - a. The gym equipment to only be used as intended. [*Bye-Law A.3.(n)(vii)*]
  - b. Users must observe all safety regulations pertaining to the use of exercise equipment.
  - c. Please do not hog the machines – cardio machines are restricted to 20 minutes per usage at all time.
  - d. Safety collars must be used when carrying heavy weights.
  - e. Users are to return all equipment to their respective places after use.
  - f. Under no circumstances shall any exercise equipment be removed from the gym.
  - g. A member, who is responsible for the loss / damage of the equipment in the room, shall bear the cost.

### **Refer to the Club Rules:**

#### **RULE 53 BREAKING, ETC. AND REMOVAL OF CLUB PROPERTY**

*No person (unless expressly authorised to do so) shall take away, or permit, to be taken away, from the Club, under any pretence whatsoever, or shall injure or destroy, any property of any kind whatsoever belonging to the Club. If a member offends against this rule he shall, and if a guest offends this rule the member who introduced him shall, pay the cost of*



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*replacement and/or repairs as well as a fine in such amount as the Committee shall in its sole discretion determine from time to time.*

**7. Age Restriction**

Children under the age of 18 and guests are not allowed to use the gym. [*Bye-Law A.3.(n)(i)*]

8. The Management Committee or their authorised staffs reserves **the right to refuse entry** into SCC Gym.

9. Non-members are **not allowed** in the SCC Gym.

10. **No personal training is allowed to be performed in the SCC Gym.**

**11. Safety and Indemnity**

a. Members using the gym do so at their own risk. The Club will not accept any responsibility whatsoever for any bodily injury sustained by users arising from the use of the gym equipment. [*Bye-Law A.3.(n)(v)*]

b. While the Club 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 SCC Gym. All first time users are advised to have a physical/ medical examination prior to undergoing such activities.

12. The Management **reserves the right to amend and vary rules** and regulations at its discretion.

The Management  
3<sup>rd</sup> December 2015