

DIBRUGARH UNIVERSITY SPORTS BOARD GYMNASIUMS RULES & REGULATIONS

1. Access to the Gym will be granted to staff and students of the University only.
2. The sons/ daughters/ spouse of the University staff shall be required to obtain special admission pass from the Registrar for access to the Gym.
3. Visiting employees and their dependents, visiting alumni, University Official guests shall access the Gym with prior intimation to the Registrar.
4. ***Persons under the age of 18 years shall not be permitted in to the Gym.***
5. Users are required to record their attendance and produce their Identity card (I-Card) for verification by the University authority.
6. Users shall be required to produce fitness certificate from the University Medical Officer. ***Any exercise undertaken shall be done at the user's risk.***
7. Users shall be dressed in appropriate sports attire (T-shirts, Lowers/ Shorts and Shoes) at all times.
8. Appropriate Sports Shoes are to be worn at all times while in the Gym.
9. For hygiene, a towel must be used at all times and ***users are to wipe the equipment after usage.***
10. ***No food and drinks are allowed at the workout area.***
11. Users should use the Lockers provided to store their belongings. ***No personal belongings should be brought into the workout area.***
12. No user is allowed to tamper with the electrical switches and gadgets in the Gym.
13. Users must adhere to the instructions in the usage of the exercise equipment. When in doubt, the Gym staff on duty should be consulted.
14. Users must observe all Safety Regulations pertaining to the use of exercise equipment.
15. Weights Lock must be used at all times while using the bar bells for safety reasons.
16. Users must re-rack all weigh plates, Bar Bells and Dumbbells after each use. Under no circumstances shall any exercise equipment be removed from the Gym.
17. A user who is responsible for the loss or damage of the equipment due to act of negligence shall bear the cost of repairing or replacing the equipment.
18. Users must comply with any instructions given by the Gym staff on duty.
19. The Gym staff on duty may, at his/ her own discretion, request users who are found to be in breach of any of the rules and regulations to cease or desist from such action or to leave the Gym immediately.

20. Users shall comply with such additional rules as may be imposed by the authority from time to time to regulate the use of the Gym.
21. The Gymnasium reserves the right to add, delete and/ or vary the above any time it deems fit.
22. The University, its employees, its agents or representative shall not be liable for any damage, loss, injuries or deaths howsoever caused in the connection with the use of the Gym.
23. Gym timings and the slots given must be adhered to by all members. i.e.

MORNING	
University Staff/Employee	5.30 AM to 6.30 AM
Girls (Students)	6.30 AM to 7.30 AM
Boys (Students)	7.30 AM to 8.30 AM
EVENING	
Girls (Students)	4 PM to 6.00 PM
Boys (Students)	6.00 PM to 7.30 PM
University Staff/Employee	7.30 PM to 8.30 PM
<i>Gym will remain closed on Every Saturday evening and Sunday</i>	

By order
Registrar
Dibrugarh University