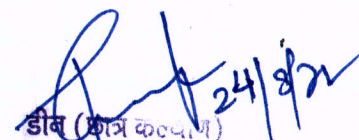




राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर
हमीरपुर (हि.प्र.)-177005
NATIONAL INSTITUTE OF TECHNOLOGY HAMIRPUR
HAMIRPUR (H.P.)-177005
Office of Dean (Student Welfare)
(An Institute of National Importance under Ministry of Education)

NOTICE

Pursuant to the approval of Competent Authority, the GYM in Student Activity Centre (SAC) of this Institute is hereby made operational and Rules & Regulations for users are hereby notified for information and compliance of all concerned.


डीन (छात्र कल्याण)
Dean (Student Welfare)

No.NIT/HMR/DSW/SAC-136/2022/ 4263-94

राष्ट्रीय प्रौद्योगिकी संस्थान हमीरपुर (हि.प्र.)
Dated: 24/08/2022
National Institute of Technology, Hamirpur (H.P.)

Copy to:

1. PS to Director for kind information of Director please.
2. PA to Registrar for kind information of Registrar please.
3. Head of all departments – for information with the request to display above notice on the departmental notice board for information and n.a. by all concerned please.
4. Chief Warden (H)/ Warden of all Hostels-for information with the request to display above notice on the hostel notice board for information and n.a. by all concerned please.
5. FI (Security)-for information and necessary action please.
6. FI (CC)- for information with the request to display above notice along with **Rules & Regulations and Registration Form** on the Institute website for information and n.a. by all concerned please.
7. FI (Sports)-for information and necessary action please.



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HAMIRPUR (H.P.)-177005
[An Institute of National Importance under Ministry of Education, GOI (शिक्षा मंत्रालय)]

RULES AND REGULATIONS FOR GYM USERS AT **NIT Hamirpur**

GENERAL

- Members are required to fill up the gym membership form for using the gym facility. Permission for using gym facility will only be allowed after the duly filled membership form is accepted by gym committee/authority.
- Gym committee/authority will issue the time slots to the members on receiving the duly filled gym membership form from the users.
- Time slots allotted to the members by gym committee/authority must be strictly adhered to by all members.
- No member will be allowed in the gym without showing his/her physical ID card issued by NITH.
- No personal notices, advertising or other literature, to be posted or distributed at the gymnasium.
- Gym users should refrain from talking loudly or indulge in noisy activities that may annoy or distract other users and staff on duty (e.g. dropping weights forcefully) or any other form of conduct that is deemed inappropriate by the management & staff of the Gym.
- While reasonable safety precautions have been taken in relation to the use of the gym, please note that you use the Gym at your own risk. Neither NITH, nor its staff or agents shall be liable for any loss or damage to property or personal injury however arising from your use of the Gym.
- All gym users are required to comply with the instructions given by the gym management & staff on duty. The management & staff on duty reserve the right to refuse a person entry into the gym, and /or if the person is already in the gym, to prohibit the person from further usage of the gym by instructing the person to leave the gym immediately, if in the opinion of the management & staff on duty, the person has violated any of the rules and regulations. **INDIVIDUALS NOT ADHERING TO THESE RULES & REGULATIONS MAY BE ASKED TO LEAVE or/and the management reserves the right to bring the gym users who do not adhere to the rules and regulations to respective disciplinary board.**
- **USERS MUST EXIT FITNESS CENTER PROMPTLY BEFORE CLOSING TIME OF THEIR RESPECTIVE TIME SLOTS.**

Time Slots for the Gym

	Slot 1	Slot 2	Slot 3	Slot 4
Morning	05.00am to 06.00am	06.00am to 07.00am	07.00am To 08.00am	08.00am to 09.00am (Only on Saturday and Sunday)
Evening	05.00pm to 06.00pm	06.00pm to 07.00pm	07.00pm to 08.00pm	08.00pm to 09.00pm

ATTIRE AND FOOTWEAR

- All gym users must be properly attire din standard workout clothes i.e. Tank tops, T-shirts, shorts, leotards with running or cross training shoes (not used outside the gym) while in exercise area. JEANS and street clothes & shoes are NOT ALLOWED. Shirts and shorts must be worn at all times.
- Any form of attire, which may cause possible in fringement of safety to self or other gym user, or potential damage to the equipment, is prohibited. *The management & gym staff on duty reserve the right to decide on the suitability of the sporting attire worn by gym users.*
- Clean, dry, closed-to pathetic shoes or sneakers must be worn during the exercise. NO dress shoes, sandals, boots, SLIPPERS, open-toed shoes are permitted.
- A personal towel must be used at all times. Gym users are not allowed to share towels. *Please bring your own towel and wipe your sweat off the seats or machines that you have used.*

GYM EQUIPMENT

- All gym users are expected to practice good hygiene and gym etiquette.
- All gym users must observe the instructions and safety precautions pertaining to the use of the exercise equipment. *If in doubt, gym users are required to consult the officer on duty.*
- Use discretion when you talk to others while they are using equipment. Especially those using cardio equipment and free weights. Keep conversation short and soft as not to disturb other users' concentration and workout.

Cardio Section

- Do not monopolize the machines. Cardio machines are restricted to 20 minutes peruse during peak hours. All other equipment shall be shared among gym users at all times.
- Do not use weights while on cardio equipment.
- Barefoot running is strictly prohibited on the treadmills.

Weights Section

- **DO NOT SLAM DROP, CLANG, and ~~OR THROW~~ DUMBBELLS OR FREE WEIGHTS on the floor when you are finished.**
- DO NOT LEAVE EQUIPMENT LYING AROUND someone could trip over it. *Replace equipment to its original state and location after use.*
- ALWAYS USE THE COLLARS that prevent weights from falling off the barbells.
- RETURN ALL GYM EQUIPMENT, BARBELLS, DUMBBELLS AND FREE WEIGHTS TO THEIR DESIGNATED PLACES AFTER USE.
- Misusing the equipment can resulting injury and/or damage to the equipment; followed directions and instructions. Ask for assistance from the counter staff if you are unfamiliar with equipment.
- Gym users will be held responsible for any damages caused to the equipment by them. They are also responsible for their own safety and any injuries incurred while using the equipment so please be extra careful.

PROHIBITION

- Food and drinks (except for plain water) is not allowed at the workout area at any time. Water consumed during workout must be in a container with a lid. Any spills must be cleaned immediately.
- No smoking or alcohol on premises.

Personal Belongings

- All Gym users are required to keep their belongings outside the gym.
- NO BAGS ARE ALLOWED ON THE WORKOUT FLOOR.
- Staff on duty is not responsible for personal belongings of gym users. Please do not bring any valuables in the gymnasium as the institute/staff will not be responsible for any lost or theft of such items/valuables.

RM



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NATIONAL INSTITUTE OF TECHNOLOGY HAMIRPUR
HAMIRPUR (H.P.) - 177 005 (INDIA)
(An Institute of National Importance under Ministry of HRD)
{OFFICE OF GAMES & SPORTS SECTION}

Paste recent
passport size
photograph here

**Fully Equipped Gym
Trainee Registration Form**

Form

No.:

Reg. No.: _____,

Date of Registration:

Title (Mr.

/Mrs./Miss/ Ms.)

Male/Female

D.O.B: ____/____/____

Surname: _____ First Name: _____

Address: _____

Pin code: _____, Email: _____

Telephone (Home): _____, Mobile: _____

Roll No.: _____, Class/ Yr. _____, Department: _____

Family Doctor Name: _____ Phone: _____

Emergency contact: _____, Phone: _____

Medical Questionnaire:

1. Have you ever or do you have any of the following?

- ☐ Heart Disease ☐ Cardiovascular Condition ☐ Dizziness ☐ Blackouts ☐ Fainting
☐ Asthma ☐ High/Low blood pressure ☐ Arthritis ☐ Diabetes ☐ Epilepsy/Fits
☐ Gout ☐ Family Hx of Heart Disease ☐ Infections Disease

2. Do you have any problems/injuries in the follow areas?

- ☐ Knees ☐ Lower Back ☐ Dizziness ☐ Neck / Shoulders ☐ Hips/Pelvis ☐ Flexibility ☐ Other

3. Are you currently doing any regular physical activity, what and how many times per week?

4. Have you had surgery in the last 5 years, if yes, when & what?

5. Do you smoke, if yes how many per day, and for how long have you smoked?

6. Are you on any medication, if yes what and when do you take?

7. Anything else we need to know? (if unsure write it down?)

ACKNOWLEDGEMENT RELEASE AND ASSUMPTION OF RISK

Warning: Please read it carefully and do not sign it unless you understand it. If you have any questions, please ask.

Acknowledgement of Risks, Injury and Obligations

I acknowledge that the activities I am to undertake have potential dangers and by participating in them I am exposed to certain risk, I acknowledge and understand that whilst participating in any such activities.

- I may be injured physically, mentally or may die,
- Any physical conditions, I may have, of which I may or may not be aware of, which I may or may not have disclosed to the center or its staff, may be aggravated or worsened by my participation.
- My personal property may be lost or damaged.
- Other persons participating in such activities may cause me injury or may damage my property.
- I may cause injury to other persons or damage their property.
- The conditions in which the activities are conducted may vary without warning.
- I may be injured to other persons or damage their property.
- The conditions in which the activities are conducted may vary without warning.
- I may be injured or die or suffer damage to my property as a result of negligence or breach of guidelines of the Fitness Centre
- There may be no or inadequate facilities for treatment or transport of me if I am injured.
- I assume the risk of, and the responsibility for any injury, illness, death or property resulting from my participation in any activities.

I agree to release and indemnify the Fitness Centre Operator and staff as follows:

- I participate in the activities at my sole risk and responsibility and
- I release, indemnify and hold harmless the Fitness Centre Operator and its staffs from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or by other parties for or respect of arising out of any injury, loss.
- Damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

I am also agree that in the event that I am injured or my property is lost or damaged, I will bring no claim, legal or otherwise, against the Fitness Centre operator or its staff, in respect of that injury, loss or damage.

- My admission/registration will be terminated with immediate effect, if I do not carry separate clean pair of shoes and a towel or do not follow COVID-19 protocols.

Before signing this document, I have read and acknowledged and know how it affects my rights.

Full Name: _____ DOB: _____

Signature _____ Date: _____

WHERE PARTICIPANT IS UNDER 18 YEARS OF AGE (Parent/Guardian to read and sign)

I, _____ being a parent or legal guardian of the person named in this Acknowledgement and Release hereby acknowledge and agree:

- I have read the whole document and understand it,
- I consent to the person, named in this Acknowledgement and Release, participating in the activity, and
- I am aware of the risks, dangers and obligations set out above in this Acknowledgement and Release.

In consideration of the person named in the Acknowledgement and Release being accepted to participate in any activity, I agree to release and indemnify the fitness Centre operator and its staffs in the same manner and to the same effect and extents as if I were the person first named in this Acknowledgement and Release and the person participating in any of these activities.

Full Name of Parent / Guardian: _____ DOB: _____

Signature of Parent / Guardian: _____ Date: _____

Admission approved ☐ Yes ☐ No

Authorized signatory