

健身室規章及守則

1. 健身室服務時間由早上七時半至晚上十時正。
2. 每日上午八時至九時為健身室清潔時間。
3. 健身室最多只可容納十四人使用。
4. 賓客必須由住戶陪同方可使用。
5. 十八歲以下之人士不可使用器械或逗留健身室內；十六歲至十七歲之人士必須先得到監護人同意方可使用健身室。
6. 使用健身室前，使用者必須在三樓接待處簽署會所管理公司之免責權書，否則會所管理公司有權拒絕其使用健身室。
7. 健身室不設預訂，以先到先得方式，額滿即止。
8. 如有發現使用者之身體狀況不適合進行運動，會所職員有權終止其使用健身室。
9. 使用健身器械前，請先檢查身體狀況及器械之裝置。
10. 凡身體不適、飲酒後、患有高血壓或心臟病等人士均建議暫停使用健身室。
11. 請勿在健身室內飲食。
12. 嚴禁在健身室內吸煙。
13. 請保持健身室整潔及不可隨意搬移健身室內設施。
14. 使用者必須穿著整齊及適當之運動衣服及不脫色膠底運動鞋，不可在場內穿著皮鞋、拖鞋或高跟鞋。
15. 未經會所管理公司同意，嚴禁於場內進行私人教授。
16. 若使用者直接或間接損毀場地、遺失租用之設施或其他物品，會所管理公司有權向使用者索取因上述引致之一切損失作為賠償。
17. 使用者並非適合使用所有設施或器材，或參與所有活動。使用者需自行檢查及確保其身體狀況適合進行運動或參與活動。使用者必須自行負責自身安全，若於健身室範圍發生意外而導致損失、受傷或死亡，會所管理公司概不負責。
18. 使用者必須自行負責其財物之安全，會所管理公司概不負責個人財物之遺失或損毀。
19. 會所管理公司有權隨時預留場地作維修、清潔、比賽、訓練班及安排活動之用。而上述預留將被優先處理。
20. 使用者必須遵守會所管理公司職員之指示，會所管理公司保留修改上述規章及守則之權利，恕不另行通知。

Gymnasium Room Rules & Regulations

1. The Gymnasium is in service daily from 07:30 to 22:00.
2. Gymnasium will be closed from 08:00 to 09:00 daily for cleansing purpose.
3. The maximum capacity of the Gymnasium is Fourteen (Except the training course held by The Club Management)
4. Guests may only be permitted to use the Gymnasium Room when accompanied by the residents and pay the guest rate.
5. Persons below the age of eighteen are not allowed to use the fitness equipment or enter the Gymnasium. Guardian's consent must be obtained for the users at the ages of sixteen and seventeen before using the Gymnasium.
6. Users are required to sign an indemnity form at 3/F reception counter before using the Gymnasium; otherwise the Club Management will reserve the right to refuse entry.
7. The Gymnasium is available on 'first-come-first-served' basis. No advance booking is required.
8. Club staffs are authorized to stop user from training if he/she is judged physically unfit.
9. Users are advised to check their own physical conditions and familiarize the mechanism of the equipment before using the Gymnasium equipments.
10. Persons after consuming alcohol or suffering from high blood pressure, heart disease and/or physically unfit are advised not to use the Gymnasium.
11. No eating and drinking in the Gymnasium Room.
12. Smoking is strictly prohibited in the Gymnasium Room.
13. Users must not litter or relocate the equipment in the Gymnasium Room
14. Users should put on appropriate sports attire and wear non-marking sport rubber-sole shoes. Leather shoes, slippers or high-heels are strictly prohibited.
15. Private coaching is prohibited in the Gymnasium Room unless prior approval has been obtained from the Club Management.
16. Users should be responsible for the loss or damages of the equipment and/or facilities of the Gymnasium either directly or indirectly caused by the users. Users will be held liable and required to pay the repair costs, and, if so demanded by the Club Management, the full replacement costs of the equipment/facility so damaged. In addition, the Club Management has the right to claim for damages from the users.
17. Not all of the equipment and/facilities and/activities are suitable for everyone and if in doubt, Users should consult their own medical advice. By using the equipment and/or facilities and/or participating the activities/programs, Users are deemed to have acknowledged that they are physically fit to use such equipment/facilities or participate in activities/programs. Users should be responsible for their own personal safety. The Club Management will not be responsible for death or injury to any person arising out of or in connection with using the Gymnasium .
18. Users should be responsible for safety of their own property. The Club Management will not be responsible for loss or damage to any property of anyone using the Gymnasium.
19. The Club Management may from time to time reserve the facility for maintenance, cleansing, tournaments, coaching sessions or activities/events. Such reservation will take priority over individual booking by residents.
20. Users must comply with the instructions given by the Club staff. The Club Management reserves the right to amend the rules and regulations without prior notice.