

### **Rules for Major Dhyanchand Gymnasium**

- Every member coming to the gym should enter wearing non-marking as well as clean shoes.
- Wear tracks, t-shirts as well as comfortable clothing for the gym.
- Consumption of food items like gutkha, pan-masala and smoking in the gym is prohibited.
- Members coming to the gym should not misbehave. Admission will be banned on an immediate basis if any member is found to be engaging in such behavior.
- Members coming to the gym should enter the gym according to their scheduled time.
- Use gym equipment properly as well as according to one's physical capacity.
- Members coming to the gym should go to the designated place of the equipment and use it according to the rules.
- Carrying gym equipment out of the gym is prohibited. If this type of behavior is done, the member will be banned from entering the gym on an immediate basis. It is the responsibility of each member to maintain the equipment installed in the gym.
- Do not touch or support the glass (mirror) installed in the gym.
- Photography or videography is prohibited in the gym.
- The member who will cause the loss in the gym will have to pay the full compensation.
- It is not advisable to use electric or hazardous equipment without the advice of a gym expert.
- The time of each member coming to the gym will be 50 minutes.
- In case of any physical or mental injury to the members coming to the gym, the full responsibility will be on the member himself/herself.
- Members coming to the gym will have to fill up their registration form and get formal admission.
- The use of mobile phones or other electronic devices in the gym is prohibited
- Sweat cleaning on gym equipment should be done by the members.
- Do not bring any kind of valuables in the gym, if you wear it or keep it with you, the entire responsibility will be on the member.
- In Gym every member must enter with BIO-METRIC punch individually.