

Charusat Fitness Center

TERMS AND CONDITIONS

A. FITNESS MEMBERS

1. UFC members must be employed or registered student of the university to be eligible for membership.
2. The privileges of the membership with respect to fitness membership are as follows:
 - a) Use of the fitness centre by the member and guest(s).
 - b) Use of locker (as available by the member)

B. MEMBERSHIP FEES

The proposed fee schedule is outlined as follows:

University Visitors/Guests	: No Charge
University students	: Rs. 100/- Per Month
University Staff members	: Rs. 250/- Per Month
Locker Rental	: Rs 10/- Per Month

MEMBERSHIP PLANS

- PLAN-1 (for University Staff Members and CHRF Members Only)

Rs.2, 500 for 12-months

Rs.1, 300 for 6months

- PLAN-2 (for University Students)

Rs. 1,000 for 12-Month Subscription

Rs. 600 for 6-Month Subscription

The University Fitness Centre is for the students & staff of the CHARUSAT. All students & staff members are required to produce their UFC ID card.

RULES AND REGULATIONS

A. OPERATING HOURS

The Fitness Centre will operate as per following schedule:

- | | |
|-------------------------|------------------|
| 1. 06.00 AM to 09.00 AM | Female students |
| 2. 09.00 AM to 12.00 AM | Female Employees |
| 3. 02.00 PM to 04.00 PM | Male Employees |
| 4. 05.00 PM to 07.00 PM | Male students |

Note: The above schedule will be followed from Monday to Saturday (except 3rd Saturday). The UFC will be closed on Sundays and Holidays as governed by University Holiday List for the ongoing year.

B. BASIC PROVISIONS

UFC Members are expected to abide by these rules. Any violation of the rules may subject the member to suspension or forfeiture of their membership.

1. Any Member who conducts himself/herself in an unbecoming manner, or who knowingly violates any of the Membership Rules may be denied service and or access to the centre or may have their membership suspended or forfeited.
2. Good order, proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.
3. UFC will not be responsible for loss or damage to any personal property of the member, or their guests.
4. Any complaints regarding the conduct of fitness facilities staff or of a member should be reported directly to the in-charge of department of exercise therapy or Principal, ARIP in writing.
5. All members must carry and present their UFC ID card for identification to avail any services or facilities. Use of facilities may be denied without proper identification.

C. PAYMENT FOR MEMBERSHIP

The UFC will accept only cash as payment for fees to be paid in advance of use of facility. Payment has to be made on the day of submitting the membership form and on 1st of every month.

D. EQUIPMENTS

The members shall pay for any loss or damage to equipment of UFC. No equipment shall be lent to any member or any other person for any reason. No property or furniture shall be moved from or to the UFC without the approval of the Principal In-charge, ARIP.

ALL MEMBERS SHALL UTILIZE ALL EQUIPMENT AND FACILITIES AT THEIR OWN RISK.

Exercise and Nutritional Guidance will be provided by Physiotherapy faculties of ARIP along with the UFC trainers. However, members should be aware of their personal fitness limits.

E. OFF-LIMIT AREAS

Members should be mindful not to enter into employee areas of ARIP, i.e., service areas, departmental areas, adjacent office areas, maintenance areas, etc.

F. FOOD AND BEVERAGES

Members shall not bring any food into the fitness centre at any time. Beverages like Sports drinks consumed during workout must be in a container with a lid. No alcoholic beverages shall be permitted in the premises of ARIP, UFC and University.

G. TELEPHONES

In-House departmental phones are available for emergency and short local calls only.

H. MEMBERS' PROPERTY

The Fitness Centre is not an insurer of the property of members. Any private property, which may have been left in the premises, may be disposed of without notice.

I. DRESS

Members should wear proper attire. The upper torso must be completely covered. When using the exercise equipment, members must wear appropriate attire inclusive of t-shirt or top, shorts and/or pants, and sports shoes. No bare feet are allowed at any time. Shoewear prescription may be given as deemed necessary, by the physiotherapist in special cases requiring such intervention.

J. SMOKING

Smoking is strictly prohibited in the entire premises of ARIP and University.

K. LOCKER FACILITY

While using the centre, all members may use a locker, based on availability and/or first cum-first-serve basis. All property must be removed from lockers immediately following workouts. Lockers shall not be used to store any property.

Member, who does not get the locker in the first phase of 100, may give their names to the UFC In-charge.

In case allocated lockers to the members are not used for more than 30 days or the members forfeits the locker facility (whichever is earlier), the same may be given to the next member in list.

Lockers are not for private use and the UFC reserves the rights to inspect all lockers, as well as to remove any lock left on locker. Any property left in a locker will be disposed of without notice.

L. DISCIPLINE

All members are required to comply with the instructions given by the staff on duty.

The staff on duty reserves the right to refuse a person entry into the center 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 premises immediately in case of any violations of rules and regulations as stated:

DISCLAIMER

While reasonable safety precautions have been taken in relation to the use of the fitness centre facility, the usage of the facilities is solely on risk of the member. UFC members may be provided with all the necessary care and professional guidance. The UFC staff members shall not be liable for any loss or damage to property or personal injury.

The UFC committee reserves the right to add, delete, or amend the above rules & regulations at its own discretion at any time as it deems fit & proper with or without prior information to the member.

I have read and agree to abide by terms and conditions as spelled out. I have, to the best of my knowledge, completed the physical activity readiness (PAR-Q) health questionnaire and informed the in-charge or staff on duty of any relevant information regarding my usage of the fitness centre.