

**The Chinese University of Hong Kong
CW Chu College (CWC)
Regulations for the Use of Fitness Room
香港中文大學敬文書院
健身室使用規則**

Eligibility 使用者資格:

1. All residents of CWC hostel, CWC teaching and administrative staff with valid Fitness Room Users' cards.
所有持有相關健身室使用證件的敬文書院宿舍宿生、住客及敬文書院教職員。
2. All student users should complete the basic fitness room training course provided by CW Chu College or Physical Education Unit of the University.
所有學生使用者必須完成大學或書院之健身室使用課程，方可使用健身室。

Regulations for the Use of Fitness Room 健身室使用規則:

1. All eligible users must use their CU Link cards to access to the Fitness Room. They are required to present their University / College Fitness Room Users' Card if requested.
使用者需使用中大通進入健身室，並必須應員工要求出示大學或書院健身室使用證。
2. First-time users should register at the Counter of College Office one working day before using the Fitness Room.
首次使用書院健身室人士，需於一個工作天前於書院院務室登記。
3. Users should wear appropriate sport clothing and sports shoes. Bare foot, slippers and sandals are not allowed.
使用者必須穿著合適之運動服裝及鞋襪，嚴禁赤足及赤膊，亦不應穿著拖鞋及涼鞋。
4. After using the apparatus, users should place the adjustable key on the top of the weight stack and put all free weights back into their original place.
使用器材後，使用者需把插匙放回最頂一格，並將槓鈴片放回原位。
5. For courtesy, users should wipe away the sweat left on the apparatus.
為他人設想，請抹去留在用具或椅上之汗漬。
6. No eating and drinking inside the fitness room.
健身室內不准飲食。
7. Safety precautions 安全守則
 - a. Users who have any of the following diseases should consult their doctors before exercise:
使用者若有下列症狀，請於使用健身室前諮詢醫生意見:
 - Heart disease 心臟病
 - Diabetes 糖尿病
 - Any physical disability 任何身體殘疾
 - Hypertension 高血壓
 - Liver disease 肝病
 - b. All beginners are suggested to work with a partner
書院建議初學者與同伴一起鍛練
 - c. Make sure that the selector key is fully inserted and locked before lifting the weight
使用器械前，請檢查插匙是否完全插入所選之重量
 - d. Keep back straight, exhale while lifting the weight and inhale while lowering the weight
舉重時必須保持腰背挺直，並於舉起重量或用力時呼氣
 - e. Keep clear of moving parts at all times
請遠離擺動中之器械
 - f. If weights are jammed, users should inform janitors and do not attempt to free the weight by themselves
若重量未能正常安放，請通知書院職員，切勿擅自安裝
 - g. No running inside the Fitness Room
健身室內不准跑步
 - h. Stop immediately if any of the following symptoms appear:
使用者若出現下列症狀，請立即停止:
 - Dizziness 暈眩
 - Nausea 作嘔
 - Continuous soreness of certain muscle / joint
肌肉及關節持續疼痛
 - Chest pain 胸口痛
 - Abnormal breathing 不正常之呼吸

8. All regulations for the Use of Fitness Room are subject to the latest announcement of the College.
健身室使用規則以書院最新公佈為準。

Opening Hours of the Fitness Room 健身室開放時間:

Monday to Sunday 星期一至日 (7:00 am – 12:00 midnight)

Opening Hours of the College Office 書院院務室開放時間

Monday to Friday 星期一至五 (8:45 am – 1:00 pm, 2:00 pm – 5:30 pm)

Enquiry and Emergency Contact 查詢及緊急聯絡電話

Saturday, Sunday and Public Holidays Day Time Staff-on-duty

星期六、日及公眾假期日間當值職員: 6050 0902

University Security Office 大學保安處: 3943 7999