



KCA Sports & Fitness Center

Rules And Regulations for use of Fitness Center & Equipment

1. You must be a member of the KCA Sports & Fitness Centre to enter and use the equipment. Please carry your ID Cards & present the same to the KCA staff whenever requested
2. Only KCA Sports & Fitness Centre members between 18 and 60 years of age can use the equipment in the Fitness Centre.
3. The Fitness Centre does not have a full-time trainer. Please use extreme caution when exercising; KCA Management will not be responsible for any injury caused by use of the Fitness Centre equipment.
4. Please enter the Fitness Centre only if you are a member and are using the equipment for fitness exercise; this is not a gathering area for groups of people or friends
5. Proper workout attire is mandatory. ie sports shoes, shorts, tights and shirts; use of mobile phones is not permitted when training
6. Before beginning your workout, wash your hands and wipe off any cologne, perfume or sweat; wipe down all equipment after use
7. Please re-rack the weights and return all other equipment and accessories to their proper locations; do not sit on the equipment between exercise sets
8. If you have using any equipment longer than 30 minutes and other members are waiting to use the same, please allow other members to use the equipment
9. You cannot bring your own equipment, ie- weights, benches, skip ropes, etc into the Fitness Centre
10. Please do not disturb others during their exercise regime. Focus on your own workout and allow others to do the same.
11. Please exit the Fitness Centre promptly at closing time.
12. Please do not deface or destroy any property within the Fitness Centre, including the walls, the floor, the equipment and the restroom facilities.
13. The Fitness Centre offers a non-threatening environment to get healthier. Please avoid banging weights, using profanities or loud grunting while working out; respect others who are trying to exercise
14. Loitering, drug use, smoking, alcohol use or any illegal activity is not allowed in the KCA premises.
15. Violation of these rules may result in loss/suspension or your KCA Sports & Fitness Centre membership without any refund and you may be additionally charged when warranted.
16. Rules, regulations and facilities are subject to change without notice.

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Chairperson, Sports Sub-committee