

## SOPs – NUST NEW FITNESS GYM

1. **General** Fitness Gym has been established having world class training equipment (Life Fitness and BH Fitness). Qualified gym trainers (male & female) are part of gym training team to optimally benefit the NUSTIAN. In order to ensure the effective and smooth functioning, Fitness Gym facilities will be used by the member as per SOP's.

2. **Responsibility** Sports Branch (Adm Dte) will be responsible for the management, repair and maintenance of Gym equipments and ensure implementation of these SOPs.

3. **Eligibility**

Fitness Gym facilities are available for: -

- a. Students
- b. Faculty
- c. Officers (incl NSTP Tenants)
- d. Family Members (above 14 years only)
- e. Almuni

4. **Membership Fee**

| Category                         | Registration Fee (Rs) | Monthly Fee (Rs) | Remarks |
|----------------------------------|-----------------------|------------------|---------|
| Students/Children/Family Members | 2,000                 | 1,000            |         |
| Faculty/ Officers                | 3,000                 | 2,000            |         |
| Alumni                           | 10,000                | 5,000            |         |
| RIC/ NSTP Tenants (Pakistani)    | 15,000                | 10,000           |         |
| RIC/ NSTP (Foreigners)           | 30,000                | 15,000           |         |

5. **Dress Code**

- a. Track suits with proper sports shoes to be worn for the Fitness Gym.
- b. Following is **not allowed** at Fitness Gym:-
  - (I) Jeans or any pants with hardware like rivets etc.
  - (II) Dress Shoes, sandals /flip flop, boots or bare feet.
  - (III) Shalwar Qameez (For Male)

6. **Guidelines / Instructions**

- a. Fitness Gym facilities will be available to the registered members only.
- b. Gym trainer will be available to train and guide the members regarding use of equipment/machine.
- c. Personal safety and proper use of equipment be ensured by the members.
- d. Any loss or damage to equipment will be charged from the concerned member.
- f. Use of personal water bottle, towel, neat attire and body spray is suggested to ensure personal hygiene.
- g. Fitness Gym membership is authorized to 14 years and above only.
- h. Food items, firearm and pets are not allowed inside the Fitness Gym.
- i. Guests are not allowed to use any sports facility and fitness machine without prior permission of AD/DD Sports.(A special ticket of Rs. 100/- will issued for a guest)
- j. Indls must take care of their personal belongings. Sports Branch will not be held responsible for loss of valuables or any mishap to members during training.
- k. Indl must abide by the rules and regulations of Fitness Gym. Membership will be cancelled in case of any violation.

7. **GYM Timings (Male/Female)**

| Day               | Timings             |
|-------------------|---------------------|
| Monday - Thursday | 0900 hrs – 2100 hrs |
| Friday            | 1430 hrs – 2100 hrs |
| Saturday - Sunday | 1300 hrs – 2100 hrs |

8. **Attendance/Entry** Attendance / entry in the register by all members availing Fitness Gym facilities will be mandatory. **Use of Fitness Gym will be allowed on showing the membership card.**

9. **Conclusion** The SOPs have been formulated to streamline the procedure for use of Fitness Gym facilities. It is expected that these instructions are adhered in true letter and spirit. Sports facilities are established to create a healthy environment inside the Islamabad Campus, therefore upkeep of these facilities is the responsibility of all users.

**Note:** - Fitness Gym will remain closed on official holidays.