

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. Alumni
4. **Membership Fee**

Category	Registration Fee (Rs)	Monthly Fee (Rs)	Remarks
Students/Children/Family Members (NUST Residents Only)	2,000	1,000	
Faculty/ Officers	3,000	2,000	
Alumni	5,000	3,000	
RIC/ NSTP Tenants (Pakistani)	10,000	5,000	
RIC/ NSTP (Foreigners)	20,000	10,000	

Master Card (Swimming Pool and Gym):-

Category	Registration Fee (Rs)	Monthly Fee (Rs)	Remarks
Family Master Card	5,000	4,000	
Indl Master Card (faculty/staff)	3,000	2,500	
Indl Master Card (students)	2,000	1,500	

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. Must pay their dues by **5th of each month**, otherwise their membership will be cancelled.
- l. 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 - Friday	0900 hrs – 2100 hrs
Friday Jumma Prayer Break	1230 hrs – 1430 hrs
Saturday	1300hr – 2300hrs
Sunday	OFF

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:-

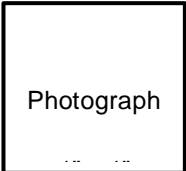
10. **All members must vacate the gym immediately when emergency alarm/siren/whistle blow is activated. In case of any injury or hazard, receptionist should immediately call at following extensions:-**

- a. **For Ambulance 1666**
- b. **For Fire Tender 1523**
- c. **For Electric hazard 1279**

11. **First Aid Kit, complete in all aspects will remain readily available with receptionist/instructor/supervisor throughout the conduct of sports activity.**

Ser No: _____

MEMBERSHIP FORM FOR FITNESS GYM



Faculty Support Staff NSTP Tenant Alumni Students Families

MEMBER INFORMATION

Name (Mr / Mrs / Ms

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S/O, D/O, W/O

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Date of Birth

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CNIC No

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Present Residential

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Address

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Perm Residential

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Address

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School / Institution / Dte _____

/ Company

Category of Students **UG** **PG** Semester _____

Mobile Number: _____

Recommended / Not Recommended

Date: _____

DD/AD Sports

