

健身房使用规则:入场后需要遵守以下规则

1. 联合国国际学院有权拒绝任何人入场。
2. 在使用任何器材时，请勿使用手机。
3. 请正确使用健身器械，不得违规操作，不得随意玩弄器材，以免造成伤害。
4. 请勿同时占用两个以上的器材、器械，若您离开了正在使用的器材、器械，他人可以使用。
5. 请轮流使用所有器材、器械。若有人在等待使用，有氧运动器材、器械请勿使用超过三十分钟，无氧运动器材、器械请勿使用超过十分钟。
6. 使用者不得将器材、器械带出室外，要自觉爱护器材、器械，不得拆卸、松动器材、器械的零件。发现故障，暂停使用并及时通知体育馆工作人员，不得擅自处理。
7. 请随身携带毛巾及时擦干器材、器械上留下的汗渍。
8. 轻拿轻放所有器材，使用后请放回原位。
9. 必须穿运动鞋，禁止穿拖鞋、凉鞋、洞洞鞋等。
10. 必须穿上衣，请勿赤裸上身。
11. 听音乐时，请用耳机。
12. 禁止大声喧哗、嬉戏打闹。
13. 保持室内环境卫生，禁止吸烟、吃零食、乱丢杂物、随地吐痰、踢蹬墙面。
14. 保管好贵重物品，遗漏物品保管期为十日。

Fitness Room Rules: The following rules must be obeyed after entering in the Fitness Room.

1. UIC reserves the right to refuse service to anyone.
2. Do not use mobile phone while using any equipment.
3. Please use the fitness equipment correctly. Do not use it in violation of the regulations. Don't play carelessly with equipment causing harm.
4. Do not use more than two sets of weights at the same time per person. If you leave anything unattended, it means you are not using it, and others may use it.
5. Please use all weights and equipment in turn. If people are waiting, do not use aerobic machines more than 30 minutes or anaerobic machines for more than 10 minutes.
6. Do not bring the weights or equipment out of the fitness room. Take care of the equipment and do not disassemble or loosen the parts of the equipment. In case of any equipment failure, please stop using it and notify the GYM staff in a timely manner.
7. Please bring your own towel when exercising and use your own towel to dry the sweat left on the equipment.
8. Don't drop any weight and put all equipment back where they belong.
9. Must wear athletic shoes: no slipper, sandals, Crocs, etc.
10. Must always wear shirt.
11. Please use earphones for music.
12. Do not yell or scream. Do not play in gym.
13. Keep the room clean. No smoking, snacking, littering, spitting or kicking on the wall.
14. Take care of your valuables, if forgotten, will be held only for 10 days.