

Date: 23.12.2019

## **RULES & REGULATIONS FOR THE USE OF TENNIS ASSOCIATION OF MALDIVES (TAM) GYM**

### **ACCESS TO THE GYM:**

The Gym is exclusively for the use of members of TAM.

### **REGISTRATION FOR GYM MEMBERSHIP**

1. To become a member of the Gym, a member of TAM may fill in the simple application form available in the TAM office and hand over to the TAM Administrator, along with the fees for the first month of the membership.
2. An application for Gym membership will be accepted, if the applicant has no arrears in the TAM monthly membership subscriptions.
2. TAM will issue a membership card within 7 days of submitting the application form.

### **MEMBERSHIP FEES:**

The monthly fee for Gym membership is MVR 300 (Three hundred) a month

### **OPENING/CLOSING HOURS:**

The Gym will be open from Saturday through Thursday, at the following hours.

Morning 0530-1100hrs  
Afternoon 1430-2200hrs

The Gym will be closed on Fridays.

### **GYM MANNERS:**

1. This is an unsupervised Gym and therefore the users are advised to make use of the gym at his/her own risk. Under no circumstances shall TAM take responsibility for any injury sustained due to improper and/ or careless use of the equipment/ weights.
2. Always use suitable and clean attire. TAM reserves the right to refuse entry for any member dressed in inappropriately.
3. No food or beverages will be allowed in the Gym premises.
4. If users intend to enjoy personal music while working out, please use headphones.
5. Always clean wipe any sweat on the machine and the weights after use. TAM will endeavour to provide cleaning and wiping materials for use in the Gym.
6. Always replace weights back on the rack after use.

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7. Avoid dropping of heavy weights on the floor after use.
8. Please avoid using the treadmill and other cardio machines for more than 30 minutes at a time.
9. Please do not rest on the machines, after use.
10. Please observe silence and respect other users, while using the gym. A measure of silence when working out in the gym would be helpful to all.

#### **OTHER ADMINISTRATIVE MATTERS**

1. The Gym will be manned by TAM staff with the responsibility of maintaining and up keeping of the Gym and will be in charge of all administrative work, including maintenance of the membership register and collection of the membership fees.
2. All Gym users are required to follow the instructions of the TAM staff entrusted with the responsibility of overseeing the Gym.
3. Membership fees are to be paid to the will be collected before the 10<sup>th</sup> of every month.
4. TAM reserves the right to limit access to the Gym for those members who have arrears in their membership fee payments.
5. TAM will endeavour to maintain all equipment in the gym in working order at all times, where possible.

#### **NOTE**

1. Any player under the age of 14 will only be allowed to use the gym during the practice hours allocated to the player.
2. The player must be under direct supervision of the designated coach at all times.