

DARRANG COLLEGE
TEZPUR
ESTD-1945



COLLEGE GYMNASIUM



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The College Gymnasium Policies & Procedures

DARRANG COLLEGE: TEZPUR

Members of the College Gymnasium must agree to the policies and procedures outlined below. Violation of these policies and procedures will automatically result in termination of membership.

A. General Policies and Procedures:

1. The College Gymnasium will function under the following body (College Gymnasium Authority):
Chairman: Principal, Darrang College
In-Charge: Sectional Chairman of Gymnasium of DCSU
Asst. In-Charge: To be appointed by the Principal
Student Member: Secretary for Gymnasium & Asanas, DCSU
2. The College Gymnasium will function in morning and evening sessions. Morning session will be conducted from 6:30 am to 8:00 am and evening session will be conducted from 5.00 pm to 7 pm in week days except on holidays.
3. Yearly membership fees for teaching and non-teaching staff of the College is Rs-1000 and for students is Rs 500. *
4. Monthly fees for teaching and non-teaching staff of the College is Rs-300 and for the students is Rs-150. *
5. The College Gymnasium authority will have the rights to close the Gymnasium during any emergency.
6. Any kind of injuries (minor or major) and accidents must be reported to the College Gymnasium in-charge immediately.
7. Members are expected to be polite to other members. Excessive noise, using inappropriate language or cursing are strictly prohibited.
8. No unsupervised exercising is allowed.
9. The College Gymnasium staff has the authority to ask a member to leave the premises if necessary. Unauthorized visitors are not eligible to use the Gymnasium. Outside personal trainers are not permitted.
10. Getting non-members along is not permitted.
11. Any health-related issues (e.g., medications, pregnancy, hospitalization etc) has to be informed.
12. Any kind of food and beverages and chewing gums are strictly prohibited inside the gym. Only drinking water is allowed.

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13. Proper gym attire like sneakers, socks, track pants/shorts and t-shirts will only be allowed (No sport bra is allowed.). Bare feet, socks without shoes or sandals are not permitted. During rainy days, please bring a dry pair of shoes to be used inside the Gym.
14. The College Gymnasium authority will not be responsible for any lost and stolen items of the individual inside the Gym.
15. All the members have to record their entry and exit in the register maintained by the Gymnasium authority.
16. The penalty of Rs 5,000/- & cancellation of gym membership with no refund, if fail to follow the gym etiquette. *

B. Exercise Area Policies and Procedures

1. Dysfunction of any fitness instruments should be informed immediately to the Gymnasium authority.
2. Equipment used during the practice must be placed in its original place after the practice.

C. Eligibility

1. All the bona-fide students of the College are eligible to join the College Gymnasium.
2. All the teaching and non-teaching members of the College are eligible to join the College Gymnasium.

NB: * Subject to changes from time to time, to be notified by Gymnasium Authority, Darrang College.