

SHIV NADAR UNIVERSITY

RULES FOR INDOOR SPORTS COMPLEX (ISC)

1. Carry your SNU Identity Card at all times.
2. Do follow instructions issued by SNU Staff (Admin, Sports Staff etc.) from time to time.
3. Do not make noise in the ISC.
4. No food and beverages are allowed in INDOOR SPORTS COMPLEX (ISC). Take it in Cafe Enclosure only.
5. Take care of your belongings, ISC Admin, Sports staff and Security Guards are not responsible for any happenings.
6. Any individual found indulging in any unlawful activity/violating University Rules & Regulations, will be removed from the ISC premises. In case of any doubt, please ask Security Guard before doing anything you are not certain of.
7. Use of liquor, cigarettes, drugs or any other intoxicant is forbidden in the ISC.
8. Do not operate any equipment/switches out of ISC.
9. Throw all refuse in bins placed all over the ISC. Do not leave any equipment unattended.
10. Treat ISC as your own and enjoy your Leisure time here.

Department of Physical Education

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LOCKER ROOM SAFETY RULES

- Food, Beverages & glass items are prohibited in the locker room.
- Do not stand on the Benches.
- Running & chasing in the locker rooms is prohibited.
- Snapping of towels at other students is prohibited.
- Throwing shoes, clothes or other objects in the locker room is prohibited.
- To prevent loss, damage or personal injury, students should take care of their belongings.
- The Department of Physical Education is not responsible for any lost, stolen or damage articles.
- Lock all valuables in assigned lockers. Check the lock security before leaving the locker room and do not give your locker combination to anyone.
- Report all losses and damages to Department of Physical Education.
- Please help to keep the locker room looking great by picking up your litter.
- Anyone found defacing or damaging the locker room is subject to disciplinary action including suspension and will be held financially responsible.
- Turn Taps & showers after use.
- Dry off in the shower area before returning to the locker room. Please clean up all spills such as powder, oil, etc.
- Any vandalism, fighting, unsafe conduct or other inappropriate behaviour in the locker room will not be tolerated and will be dealt with in accordance to the university's discipline policy.
- No cameras, cell phones or any other devices capable of taking still and or video pictures shall be allowed in any locker room, changing room or rest room.
- Sharing of lockers is not permitted.
- At the end of the semester, all the lockers are to be cleaned out and the keys are handed to the Department of Physical Education. Failure to turn in your lock will result in a fine.

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RULES FOR ISC GYM

1. Conduct yourself in a well-mannered fashion
2. Do not bring your gym bag or other personal belongings onto the fitness floor
3. Refrain from shouting, using profanity, banging weights and making loud sounds
4. Do not sit on machines between sets
5. Do not move/displace any equipment
6. Re-rack weights and return all other equipment and accessories to their proper locations when you are finished using them
7. Place dumbbells/weight equipment lightly on the floor after each use
8. Before any workout check the condition of the machines. Broken or damaged machines are not allowed to be used. You must report them to the coach/officials
9. Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
10. Do not use weights while on cardiovascular machines
11. During busy times, limit time on each cardiovascular machine to 20 minutes only
12. Play music at a moderate decibel level as some members play their personal music devices
13. Do not disturb others. Focus on your own workout and allow others to do the same
14. Refrain from using mobile while in the Gym
15. For your health and safety, wear appropriate exercise clothing and proper athletic footwear when in a club
16. The University will not be responsible for any loss or theft of personal items left in the Gym or any other place inside the ISC
17. Do not damage any equipment. The Gym is under continued CCTV surveillance. Heavy penalties will be levied for damages
18. Shiv Nadar University and its staff and vendors will not be responsible for any personal losses, damages and injuries, including death, that arise as a result of usage of the ISC Gym.
19. Individuals not adhering to the above stated rules will be asked to leave the facility by the Gym Trainer/any member of Sports Staff and their membership suspended for 7 days

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RULES FOR CENTRAL HALL DURING EVENTS

1. Carry your event Identity Card at all times.
2. ISC staff and guards can ask for ID cards at any time.
3. Do follow instructions issued by ISC Staff (Admin, Sports Staff etc.) from time to time.
4. No food and beverages are allowed in central hall. Take it in Cafe Enclosure only.
5. Synthetic Badminton Courts cannot be used and uninstalled during the event.
6. Place plastics sheets on the wooden floor then, Use carpets inside the hall for placing the tables and chairs.
7. Only drinking water is allowed in the central hall.
8. Do not litter on the walls.
9. Lights will be switched-on only during the event.
10. Air Conditioner will be in operation on demand of the organisers.
11. let ISC staff know the timings of the event in advance.
12. Participant's movement are restricted to event area only.
13. If anyone found disobeying the rules of ISC and central hall will be debarred from the premises.

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RULES FOR OUTDOOR SPORTS

1. Carry your SNU Identity Card at all times.
2. Do follow instructions issued by SNU Staff (Admin, Sports Staff etc.) from time to time.
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4. Do follow instructions issued by SNU Staff (Admin, Sports Staff etc.) from time to time.
5. No food and beverages are allowed in outdoor courts and ground. Take care of your belongings, ISC Admin, Sports staff and Security Guards are not responsible for any happenings.
6. Any individual found indulging in any unlawful activity/violating University Rules & Regulations, will be penalised.
7. Use of liquor, cigarettes, drugs or any other intoxicant is forbidden inside the playing area.
8. Do not operate any light equipment/switches.
9. Throw all refuse in bins placed all around the playing area. Do not leave any equipment unattended.
10. Lights will be operated by the maintenance staff only.
11. To prevent loss, damage or personal injury, students should take care of their belongings.
12. The Department of Physical Education is not responsible for any lost, stolen or damage articles
13. Any vandalism, fighting, unsafe conduct or other inappropriate behaviour in the locker room will not be tolerated and will be dealt with in accordance to the university's discipline policy.

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INDOOR SPORTS COMPLEX

Badminton, Squash, Table Tennis

Please use non marking shoes only!

Shoes that have sole material that does not scuff off and leave black marks on the mats



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RULES FOR POOL ROOM

- Pool table is for the use of SNU students only.
- There is a 20-minute time limit, if another student is waiting to play.
- Do not place anything on the pool table.
- No sitting or climbing on pool table.
- Music can only be played through device ear buds or headphones.
- There will be no removal of, or addition to, any existing equipment related to the pool table.
- You are permitted to bring your own cue stick.
- When you are done playing please clean off the chalk from the pool table with brush provided, and return cue stick to their proper location.
- Should any student encounter a problem with the pool table or other equipment please notify the staff immediately.
- Students will be held responsible for any property damage caused by themselves.
- Profanity or foul language is prohibited.
- Gambling is prohibited.
- All other general facility rules apply (ISC Rules).
- Staff on duty reserves the right to ask anyone to leave if the rules are not followed.
- In the case of emergency please call the security staff on duty.
- No food & beverages are allowed inside the pool room.

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RULE FOR YOGA HALL

1. Leave your cell phone outside the Yoga hall
2. Bring water, a towel, and, if possible, your own yoga mat
3. Avoid perfume or scented lotion
4. Wear clothing appropriate for the yoga class
5. Let the instructor know about any physical issues and preferences
6. Please clean your feet before class self-practice
7. Do not keep water bottles, bags, mobiles, or other personal items inside the yoga hall. Leave them in the back of the prop room or in the cabinets located outside the hall.
8. Do not drink or eat food inside the yoga hall
9. Be inside the yoga hall ten minutes before class starts.
10. Change your clothes in the changing room and do not change in the reception area, the communal areas.

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