



香港中文大學(深圳)

The Chinese University of Hong Kong, Shenzhen

大学体育馆场地使用规定

Rules and Regulations for Sports

Facilities

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第一章 健身房使用规定

- 一. 健身房使用者必须曾经接受学校体育老师或体育场馆助理对使用健身器材的培训方能入内使用。
- 二. 所有使用者在进入健身房前必须在大学体育馆的前台登记。
- 三. 运动时需身着运动服、运动鞋（请勿赤膊、赤脚和穿拖鞋、凉鞋等锻炼）。
- 四. 每次每人不得超过1小时使用时间，离开前请擦去留在用具上之汗渍。
- 五. 安全守则：
 1. 若有下列症状，请于开始前请教医生。
 - a. 心脏病；b. 血压高；c. 糖尿病；d. 肝病
 2. 若出现下列症状，请立刻停止。
 - a. 晕眩；b. 呼吸不正常；c. 肌肉及关节持续疼痛；d. 胸口痛；e. 作呕
 3. 在使用器械之前，务必清楚器械的正确使用方法，以免因使用方法不当造成不必要的损伤；
 4. 每台跑步机和动感单车不可两人同时使用；
 5. 使用器械前，请检查所选的重量是否被正确设定；
 6. 举重时必须保持腰背挺直，并于举起重量或用力时呼气；
 7. 请远离摆动中之器械，严禁擅自挪动场内器材。
 8. 使用器材后，请将器材还原为初始状态，将杠铃片放回原位。
 9. 若重量不能正常安放，请通知管理员，切勿擅自安装；
- 六. 应注意公共卫生，不得随意丢弃垃圾，更不可将食物和其他与训练无关物品带入场地。
- 七. 不得将易燃、易爆、管制刀具等违禁品带入室内；室内禁止吸烟、说粗话、吐痰及追逐打闹嬉戏；禁止携带宠物入场。
- 八. 请自行妥善保管个人物品，以免丢失。
- 九. 违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

注：以上规定的最终解释权归人文社科学院体育部所有。

Rules and Regulations for the Fitness Room

1. Users must have received training in the use of fitness equipment from PE teachers, or Assistants before using equipment in the Fitness Room.
2. All users must register at the front desk of the Sports Hall before entering the Fitness Room.
3. All users shall wear appropriate clothing and sports shoes when exercising (no shirtless, barefoot, slippers, sandals, etc.).
4. Please do not use the equipment for more than 1 hour per person, and wipe off any sweat stains on the equipment before leaving.
5. Safety rules
 - 1) If you have any of the following symptoms, please consult a doctor before starting
 - a. Heart disease; b. High Blood Pressure; c. Diabetes; d. Liver disease
 - 2) If you experience any of the following symptoms, please stop immediately.
 - a. Dizziness; b. Abnormal breathing; c. Persistent muscle and joint pain; d. Chest pain; e. Nausea
 - 3) Before using the equipment, make sure you know the correct way to exercise to avoid unnecessary injury caused by improper use.
 - 4) Each treadmill and spinning bike cannot be used by more than one person at the same time.
 - 5) Make sure the equipment weight is correctly set before using.
 - 6) Keep your back straight and exhale when lifting weights or exerting force.
 - 7) Please stay far away from swinging equipment and do not move any equipment without permission.
 - 8) After using the equipment, resume the equipment to its original state and put the barbell plate in place.
 - 9) If the weight cannot be placed properly, please inform the Assistant and do not install the equipment without permission.
6. Users should keep the Fitness Room clean. No littering. No food or any other objects unrelated shall be allowed to appear in the Fitness Room.
7. No dangerous articles such as inflammable and explosive substances or controlled knives are allowed. No smoking, swearwords, spitting or rough-and-tumble play are allowed. No pet is allowed.
8. Do not leave your personal belongings unattended.
9. In case of misconduct or misuse of the sports equipment, the Physical Education Unit has the authority to reject or debar the offender from the venue, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第二章 舞蹈室使用规定

舞蹈室是集教学与训练为一体的多功能教室，为了加强舞蹈室的管理及安全工作，确保教学活动的正常进行，拟定以下使用规则，希望广大师生自觉遵守。如舞蹈室欲用作其他活动，必须取得场馆管理人员的书面批准。

- 一、 全校师生均可使用，使用者必须出示有效之香港中文大学(深圳)证件，方可使用场地。
- 二、 使用时间按系统或现场预订时间为准；如有疑问，请与场馆管理人员联系。如需取消已预定场地，请提前24小时在系统或前台进行操作，以便另作安排，否则一周内将不可以再次订场；已订场者不可将场地私下转予他人使用。
- 三、 进入舞蹈室上课或训练必须先换好鞋子，并将其安放在指定地点，摆放整齐。
- 四、 如需借用音响设备，请持有效证件到场馆前台登记借用；使用完毕后请及时归还；使用者须自觉爱护场馆设备设施，若有故障问题请及时反馈至场馆前台；使用音响设备时，请调至适当音量切勿影响到他人使用场馆。
- 五、 爱护馆内设施，不得在镜子和地板上随意涂画。
- 六、 应注意公共卫生，不得随意丢弃垃圾，更不可将食物和其他与训练无关物品带入场地。
- 七、 不得将易燃、易爆、管制刀具等违禁品带入室内；室内禁止吸烟、说粗话、吐痰及追逐打闹嬉戏；禁止携带宠物入场。
- 八、 课程结束后，须关好门窗，切断电源。
- 九、 请自行妥善保管个人物品，以免丢失。
- 十、 违反本规定而不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

注：以上规定的最终解释权归人文社科学院体育部所有。

Rules and Regulations for the Dance Room

The Dance Room is a multi-purpose classroom for dance teaching and training. In order to strengthen the management and safety of the Dance Room and to ensure that teaching and learning activities are carried out properly, the following rules have been drawn up for staff and students to follow. If the Dance Room is to be used for other activities, written approval must be obtained from the Physical Education Unit.

1. The Dance Room is available for all eligible users upon the presentation of the valid University ID cards.
2. The time of use will be determined by the system or on-site booking. Please contact the Assistant if you have any questions. If you need to cancel your booking, please do so 24 hours in advance in the system or at the front desk so that alternative arrangements can be made, otherwise you will not be able to book the venue again within one week. Reserved facilities are not transferrable.
3. Users should change their shoes before entering the Dance Room and neatly place the shoes in the designated area.
4. If you need to borrow audio equipment, please register at the front desk with a valid ID; and return it in time after use; users must take care of the equipment and facilities, and give timely feedback to the front desk if there is any problem; when using audio equipment, please adjust the volume to an appropriate level so as not to affect others.
5. All users should take care of the facilities and do not draw on the floor or mirrors.
6. All users should keep the Dance Room clean. No littering. No food or any other objects unrelated shall be allowed to appear in the Dance Room.
7. No dangerous articles such as inflammable and explosive substances or controlled knives are allowed. No smoking, swearwords, spitting or rough-and-tumble play are allowed. No pet is allowed.
8. After the course, doors and windows must be closed and the power supply disconnected.
9. Do not leave your personal belongings unattended.
10. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the venue, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第三章 跆拳道室使用规定

- 一、 全校师生均可使用，使用者必须出示有效之香港中文大学（深圳）证件，方可使用场地。
- 二、 使用时间按系统或现场预订时间为准；如有疑问，请与场馆管理人员联系。如需取消订场，请提前24小时在系统或前台进行操作，以便另作安排，否则一周内将不可以再次订场；已订场者不可将场地私下转予他人使用。
- 三、 进入跆拳道室上课或训练必须穿软底武术训练鞋，上课时禁止佩戴饰物（例如手表、戒指、项链等），保持地垫整洁。
- 四、 合理使用馆内器材，爱护馆内设施，器材使用后应整齐地放回原处。
- 五、 应注意公共卫生，不得随意丢弃垃圾，更不可将食物和其他与训练无关物品带入场地。
- 六、 不得将易燃、易爆、管制刀具等违禁品带入室内；室内禁止吸烟、说粗话、吐痰及追逐打闹嬉戏；禁止携带宠物入场。
- 七、 课程结束后，须关好门窗，切断电源。
- 八、 请自行妥善保管个人物品，以免丢失。
- 九、 违反本规定而不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Rules and Regulations for the Taekwondo Room

1. The Taekwondo Room is available for all eligible users upon the presentation of the valid University ID cards.
2. The time of use will be determined by the system or on-site booking. Please contact the Assistant if you have any questions. If you need to cancel your booking, please do so 24 hours in advance in the system or at the front desk so that alternative arrangements can be made, otherwise you will not be able to book the venue again within one week. Reserved facilities are not transferrable.
3. Users should wear soft-soled martial arts training shoes before entering the Taekwondo Room. It is not allowed to wear accessories (such as watches, rings, and necklaces) in the room.
4. Users should be aware of the correct methods for using the facilities and equipment and take care of them. All equipment should be returned to the original position before leaving the room.
5. All users should keep the Taekwondo Room clean. No littering. No food or any other objects unrelated shall be allowed to appear in the Taekwondo Room.
6. No dangerous articles such as inflammable and explosive substances or controlled knives are allowed. No smoking, swearwords, spitting or rough-and-tumble play are allowed. No pet is allowed.
7. After the course, doors and windows must be closed and the power supply disconnected.
8. Do not leave your personal belongings unattended.
9. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the venue, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第四章 游泳馆入馆须知

- 一. 本游泳馆在保障教学、训练的前提下，对校内学生及教职人员开放；馆内实行一人一卡制，学生及教职人员凭校园卡进入。
 - 二. 师生入场因特殊情况确实需要临时（15分钟内）出场的，必须由值班主管批准或主管以上管理人员签字方为有效，否则做出场处理。
 - 三. 如来访者入场，须按学校有关规定遵照执行。
 - 四. 游泳属高危体育经营项目，因场地湿滑等原因，不鼓励65周岁以上的老人入场，如需入馆请在有监护能力的成年人陪同入场。
 - 五. 随身物品请自行保管或存放储物柜内。
 - 六. 场（馆）内禁止携带脚蹼、浮床（球、船）及潜水用品。
 - 七. 为维护公共场所秩序，确保师生生命财产安全，严禁携带易燃、易爆、有毒物品及刀棍等利器入场。
 - 八. 未经许可不得进行各种商业及其他性质的拍摄活动，淋浴室内严禁拍摄。
 - 九. 为保持公共场所卫生，防止传染病滋生、禁止携带宠物、家禽进入场（馆）内。
 - 十. 讲文明、重公德、不随便吐痰、不乱扔果皮杂物，游泳馆属无烟体育设施，室内严禁吸烟。
 - 十一. 遵守馆内规章制度，服从工作人员的管理，爱护公物，损坏照价赔偿。
 - 十二. 师生私下转借校园卡属违反本馆规定，首次警告，再次将冻结校园卡账户并移交学校相关部门处理。
 - 十三. 严禁在场馆内进行不健康或违法活动，对违反治安管理条例者，将交由学校相关部门处理。
 - 十四. 师生进入游泳馆游玩前，请仔细阅读有关的告示牌并遵照有关规定执行，服从工作人员管理，以确保安全。
- 注：以上规定的最终解释权归人文社科学院体育部所有。

Admission Notice on Swimming Pool

1. The Swimming Pool is available to all students and staff. Students and staff are admitted upon production of the University ID cards. Courses and training organized by the Physical Education Unit has the priority in using the Swimming Pool.
2. Users could leave the venue temporarily (within 15 minutes) under special circumstances. Users may re-enter the Swimming Pool with the approval of the supervisors on duty. The related documents should be signed by administrative staff; otherwise they will be treated as leaving the Swimming Pool.
3. All visitors must observe the University's regulations governing the use of the Swimming Pool.
4. Swimming is a high-risk sports. Persons above 65 years of age are not encouraged to enter the Natatorium for safety reasons as the floor may be slippery. Senior persons should be accompanied by adults with guardianship capabilities if they need to enter the Swimming Pool.
5. Users should not leave their personal belongings unattended. It is suggested that personal belongings be kept in lockers.
6. Flippers, floating beds (balls, boats) or diving equipment are not allowed.
7. In order to maintain public order and ensure the safety of all users, inflammable, explosive and toxic substances, knives, sticks or other dangerous tools are not allowed in the Swimming Pool.
8. No filming activities should be performed without permission. It is prohibited to film in the shower room.
9. In order to keep the Swimming Pool clean and prevent infectious diseases from breeding, it is not allowed to carry pets or poultry into the Swimming Pool.
10. Users should be polite to each other and mind personal behaviors. No spitting or littering. The Swimming Pool is a smoke-free sports facility; smoking is not allowed.
11. Please observe the rules and regulations of the Swimming Pool and the instructions of the staff. Take care of the public property. Any lost or damaged facilities will be charged to the person at cost.
12. Private transfer of campus card is a violation of the regulations. Users will be warned for the first offence. For the second offence, the account of the campus card will be frozen and the Physical Education Unit has the authority to refer him/her to the appropriate authority for disciplinary action, as appropriate.
13. It is strictly prohibited to conduct unhealthy or illegal activities in the Swimming Pool. Any activities in violation of the law shall be reported to the police.
14. Before entering the Swimming Pool, users should read the relevant warning signs carefully and follow the instructions of the staff for their safety.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第五章 游泳须知

- 一. 凡患有红眼病、牛皮癣、脚癣、体癣、急性肠道病、传染性疾病以及心脏病、精神病、高血压、癫痫病、肝炎和酗酒者严禁入池下水游泳。
 - 二. 饭后不宜立即下水游泳，以免呛出胃中食物堵塞气管而危及生命。
 - 三. 文明健身，文明娱乐，不得穿透明泳装及非泳装游泳；讲究场内公共卫生，佩戴泳帽入场，泳客更衣后需先淋浴并经浸脚消毒池后，方可入池游泳。
 - 四. 请勿在场内吸烟和在池内饮食等，请勿随地吐痰、乱扔果皮杂物。
 - 五. 为确保泳客安全，池内不准追逐、打闹、嬉戏，游泳期间自觉遵守靠右游的规则，不准花样跳水、潜水及大声喧哗，不要攀爬翻越安全护栏及坐压水线以免发生危险。
 - 六. 爱护公共设施，按规定使用娱乐设施，损坏赔偿。
 - 七. 入场师生不得从事与身份无关的活动，包括利用我馆场地教学、进行各种商业性活动等。
 - 八. 遵守场内各项规定，请自觉听从场内工作人员的指引。
- 注：以上规定的最终解释权归人文社科学院体育部所有。

Regulations Governing the Use of Swimming

1. Anyone who has acute conjunctivitis, psoriasis, tinea pedis, body ringworm, acute bowel disease, infectious disease, heart disease, psychosis, hypertension, epilepsy, hepatitis, and alcoholism is strictly prohibited from swimming in the pools.
2. Users are suggested not to swim immediately after a meal. Swimming immediately after eating could result in the food in the stomach from being choked out to block the airway and endanger life.
3. Users should pay attention to personal manners and should not wear transparent swimwear or any clothing other than swimsuits when swimming in the pools. Please keep the venue clean. All users should wear swimming caps, have a shower and rinse their feet in the disinfecting pools before entering the swimming pools.
4. No smoking in the venue and no food or drinks in the swimming pools. Do not litter or spit.
5. To ensure the safety of users, no rough-and-tumble play is allowed in the swimming pools. Users are suggested to follow the rules of swimming on the right. It is not allowed to dive, snorkel or shout in the Natatorium. Please do not climb over safety fences or block the view of water lines in case danger may occur.
6. Please take care of public facilities. All users should be aware of the correct methods for using all the facilities to avoid injury. Any lost or damaged facilities will be charged to the person at cost.
7. Users may not engage in non-swimming activities, including using the Natatorium as a venue for teaching and organizing commercial activities.
8. Please follow the regulations of the venue and the guidance of the staff.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第六章 深水测试管理规定

- 一. 游泳馆内设 50 米深水泳池一个，深水区 1.4--2 米。
- 二. 根据国家体育总局有关安全管理的精神，为确保泳客安全，凡进入深水池游泳者必须进行深水测试，经测试合格后方可进入深水池游泳，未取得合格证者不得进入深水区游泳。
- 三. 深水合格证办理方法：

（办理流程：个人材料准备——领取测试单——进行测试——办理测试合格证）

1. 深水合格证的办理须提前准备一寸照片一张。
2. 在深水池旁工作台处领取深水测试单，填好后由测试救生员引领，在指定测试专用道进行测试。
3. 测试项目为连续游 50 米，中途不得停留（泳姿不限）。
4. 经测试合格后，由救生员协助办理测试合格证。
5. 深水测试合格证应盖章及粘贴本人近照一张，此证过胶后，只限本人使用，不得转借，长期有效；如有遗失，不得直接补办，需重新测试后方可再次申办深水合格证。
6. 持有深水合格证者进入深水区请自觉出示此证。
7. 凡经测试不合格者，应尽快离开深水区，到浅水区游泳，以免发生意外，不服从管理者将直接交由学校安保部门处理。

为了您的生命安全，请自觉听从现场工作人员的指引并遵守本章深水测试管理规定，多谢您的合作。

Regulations on the Test of Deep-Water Swimming Skills

1. The Natatorium is equipped with a 2-meter-deep swimming pool. The pool is 50 meters long.
2. According to the State Administration of Sport on the safety management, in order to ensure the safety of swimmers, swimmers who want to enter the deep-water swimming pool must carry out a test first. Those who cannot pass the test are not allowed to enter the deep-water swimming pool.
3. Application procedures for the Deep-Water Swimming Qualification are as below:
(Application process: Prepare materials - Receive test orders - Receive the test – Apply for the Deep-Water Swimming Qualification)
 - 1) A piece of one-inch photo should be prepared in advance when applying for the Qualification.
 - 2) Obtain a test sheet at the workbench near the deep-water swimming pool. After filling out the sheet, applicants should be led by the lifeguards to take the test at the designated swimming lane.
 - 3) Applicants will be asked to swim continually for 50 meters without stopping (the swimming strokes are optional).
 - 4) After passing the test, the lifeguard will assist the test takers to apply for the Qualification.
 - 5) The Deep-Water Swimming Qualification should be stamped and a recent photo of the applicant should be pasted on the Qualification. This qualification does not expire. The Qualification can only be used personally and shall not be lent to others. If the Qualification is lost, holders need to be re-tested for a new Qualification.
 - 6) The Qualification holders should show the qualification card before entering the deep-water swimming pool.
 - 7) For the safety of all users, those who failed the test should leave the deep-water swimming area as soon as possible. In case of misconduct or misuse of the swimming pools, the Physical Education Unit has the authority to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Please follow the instructions of the staff and the regulations in this chapter.

Thank you for your cooperation.

第七章 篮球场管理规定

- 一、本场地仅限校内师生使用。
- 二、本场地之使用，按以下优先顺序为原则：
 1. 校内体育课；
 2. 经核准之校内学院比赛及校代表队练习；
 3. 经核准之社团与各学院代表队之练习；
 4. 经核准举办之比赛活动；
 5. 本校师生之个人体育活动。
- 三、本场地非经许可，禁止从事非篮球运动之活动与运动项目。
- 四、为维护运动场地使用者之安全，如遇积水或地面潮湿时暂停开放。
- 五、凡在本场内运动者请保持场地整洁，禁止于场地范围内饮食。
- 六、进入本场地须穿着软底运动鞋，严禁学生打赤膊；各式车辆、轮鞋、滑板等禁止入内。
- 七、进入本场地者，对场地内各项设备及用具，均应善加爱护，如有污损，应负赔偿责任。
- 八、违反本规定且不听劝告者，管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

注：以上规定的最终解释权归人文社科学院体育部所有。

Rules and Regulations for the Basketball Court

1. The court only opens to University students and staff.
2. Priority in the use of the Basketball Court:
 - a) Approved PE classes.
 - b) Approved University basketball teams training and inter-college competitions.
 - c) Approved college and club basketball teams training.
 - d) Approved basketball games.
 - e) Activities organised by individuals (eligible users only).
3. The court should not be used for any activities or sports other than basketball without prior permission from the Physical Education Unit.
4. For the safety of users, the basketball court will be closed temporarily if the floor is flooded or wet.
5. All users should keep the court clean. No food or drink is allowed on the court.
6. Users should wear appropriate attires and soft-soled sports shoes in the Basketball Court. No vehicles, bicycles, skating shoes, or skateboards will be allowed in the court.
7. All users should take care of the court and facilities inside. Any lost or damaged facilities should be compensated as appropriate.
8. In case of violation of these regulations, the Assistants shall have the authority to reject or debar the offender from the court, and will report the misconduct to related department.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第八章 排球场使用规定

- 一、本场地仅限校内师生使用。
- 二、本场地为排球专用，未经许可，不得进行非排球运动之外的活动。
- 三、场地使用时间每次不得超过2小时；活动时间终止，应自觉退出。
- 四、请大家爱护公物；严禁擅自挪动场内设施；禁止在场内嬉戏打闹。
- 五、进入排球场必须穿软底运动鞋，严禁穿钉鞋、硬底鞋和高跟鞋类进入场地。
- 六、场内严禁吸烟、禁止吃口香糖及携带含糖类有色饮料或食品入内；饮料瓶和杂物请自觉丢在垃圾桶内。
- 七、为保障运动场地使用者之安全，如遇积水或地面潮湿时将暂停开放。
- 八、出入场地需注意安全，请从场地外侧走动，防止与他人产生碰撞而受伤。
- 九、请保管好自己随身携带的物品，以防丢失。
- 十一、违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Rules and Regulations for the Volleyball Court

1. The court only opens to University students and staff.
2. The court should not be used for any activities or sports other than volleyball without prior permission from the Physical Education Unit.
3. Each booking session is up to 2 hour-limit.
4. Please take good care of the public property, it is strictly forbidden to move the facilities in the court without permission. And please behave yourself in the public space.
5. Motor vehicles and bicycles are not allowed to be taken inside.
6. All users shall wear soft-soled sports shoes when entering the Volleyball Court. Spikes, hard-soled shoes, and high-heeled footwear are strictly prohibited.
7. Smoking, chewing gum and bringing sugary coloured drinks or food into the court are strictly forbidden; drinks bottles and sundries should be put in the rubbish bin.
8. For the safety of users, the Volleyball Court will be closed temporarily if the floor is flooded or wet.
9. Users are suggested to walk along the outer fence of the Volleyball Court to avoid any injuries from collision with others.
10. Do not leave your personal belongings unattended.
11. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the facilities, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第九章 羽毛球场使用规定

- 一、 全校师生均可使用，使用者必须出示有效之香港中文大学（深圳）证件，方可使用场地。
- 二、 使用时间按系统或现场预订时间为准；如有疑问，请与场馆管理人员联系。如需取消已预定场地，请提前24小时在系统或前台进行操作，以便另作安排，否则一周内将不可以再次订场；已订场者不可将场地私下转予他人使用。
- 三、 进入场地活动必须穿着专业羽毛球鞋、软底运动鞋，禁止穿高跟鞋、钉鞋、硬底鞋进入场地。
- 四、 本场地为羽毛球专用，未经管理人员同意，一律不得进入场地；进入场地锻炼者，必须听从管理人员的安排；禁止在场内嬉戏打闹。
- 五、 爱护场内的器材及设施，不得擅自挪用球网，严禁用力拉扯球网。对人为造成场馆内的器材或设施损坏的行为，则按原价赔偿。
- 六、 应注意公共卫生，不得随意丢弃垃圾，更不可将食物和其他与训练无关物品带入场地。
- 七、 不得将易燃、易爆、管制刀具等违禁品带入室内；室内禁止吸烟、说粗话、吐痰及追逐打闹嬉戏；禁止携带宠物入场。
- 八、 课程结束后，须关好门窗，切断电源。
- 九、 请自行妥善保管个人物品，以免丢失。
- 十、 违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Rules and Regulations for the Badminton Court

1. The Badminton Court is available for all eligible users upon the presentation of the valid University ID cards.
2. The time of use will be determined by the system or on-site booking. Please contact the Assistant if you have any questions. If you need to cancel your booking, please do so 24 hours in advance in the system or at the front desk so that alternative arrangements can be made, otherwise you will not be able to book the venue again within one week. Reserved facilities are not transferrable.
3. Users should wear soft-soled sports shoes/professional badminton shoes to enter the Badminton Court. Spikes, hard-soled shoes, and high-heeled footwear are strictly prohibited.
4. The venue is dedicated for badminton playing only. Users should not enter the venue without the permission of the Assistant. And please behave yourself in the public space.
5. Users should take care of the equipment and facilities. Do not move and pull the net. Any lost or damaged facilities should be compensated as appropriate.
6. All users should keep the Badminton Court clean. No littering. No food or any other objects unrelated shall be allowed to appear in the Badminton Court.
7. No dangerous articles such as inflammable and explosive substances or controlled knives are allowed. No smoking, swearwords, spitting or rough-and-tumble play are allowed. No pet is allowed.
8. After the course, doors and windows must be closed and the power supply disconnected.
9. Do not leave your personal belongings unattended.
10. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the venue, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第十章 室内抱石馆使用规定

- 一、本场地仅限教学使用，使用前带队教师须提供教职员证等有效证件引导学生入场。
- 二、每次使用，限时两小时；如需续订，请与场馆管理人员联系。
- 三、攀岩人员必须穿着运动服及运动鞋，并配备专用装备，严禁在无安全带扣绳索保护下进行攀登；在攀爬过程中，严禁携带手机、钥匙、身份证、银行卡等刚硬物品；攀岩人员不能戴首饰、留长指甲，女生不可披肩散发；教学时服从任课教师的安排，严格按照教师传授方法进行操作，不得超越教师安排的练习内容。
- 四、严禁患有心脏病、恐高症、精神病、高血压、心肌梗塞等医学上或自身认为不宜从事此运动的人员参与。
- 五、严禁徒手、无保护状态下攀登及酒后攀登；所有参加攀岩运动的人员必须在专业人员指导、允许或保护下方可进行攀登。
- 六、严禁携带易燃、易爆、腐蚀剂等危险物品进入场内。
- 七、应注意公共卫生，不得随意丢弃垃圾，更不可将食物和其他与训练无关物品带入攀岩场。
- 八、场内禁止吸烟、说粗话、吐痰及追逐打闹嬉戏。
- 九、课程结束后，将其设施、设备恢复原位。

违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Rules and Regulations for the Indoor Bouldering Gym

1. The Indoor Bouldering Gym is available for all eligible users upon the presentation of the valid University ID cards.
2. Each booking session is limited up to two hours. Users may renew their reservation in advance at the front desk.
3. Climbers should wear tracksuits and trainers, and be equipped with harness and climbing equipment. It is not allowed to climb without harness. During the climbing process, climbers should not carry hard objects, such as mobile phones, keys, ID cards, bank cards, and etc. Climbers cannot wear jewelry and keep long fingernails. And please tie back your hair while climbing. During the teaching process, climbers should obey the instruction of the teachers and strictly follow the climbing methods taught by teachers. Climbers should not practice personally without a teacher's instruction.
4. Users with any medical or self-recognized diseases, such as heart disease, acrophobia, mental disability, hypertension, and myocardial infarction are not allowed to participate in the sport.
5. It is not allowed to climb with bare hands, without protection or after drinking. All climbers should climb under the guidance, permission, and protection of the professionals.
6. No dangerous articles such as inflammable, explosive or corrosive substances are allowed in the gym.
7. All users should keep the Indoor Bouldering Gym. No littering. No food or any other objects unrelated shall be allowed to appear in the Indoor Bouldering Gym.
8. No smoking, swearwords, spitting or rough-and-tumble play are allowed.
9. After the class, users should return the facilities to their original state.
10. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the facilities, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.