

City University of Hong Kong
Student Residence Office

Safety Regulations for the Use of Gymnasium in the Ma On Shan (MOS) Compound

1. If you are suffering from or have symptoms of any of the following diseases, you should not take up exercise unless you have the doctor's permission and are under the supervision of medical staff:
 - a. Heart diseases;
 - b. Hypertension;
 - c. Muscle or joint problems (e.g. arthritis, low back pain and etc.);
 - d. Chest pain;
 - e. Constant feeling of dizziness;
 - f. Any other diseases which will be aggravated by exercises, e.g. respiratory or pulmonary diseases, diabetes, hernia, epilepsy, thyroid disease, or the doctor advises you not to do exercise and etc.
2. You should not be too full or too hungry when doing exercise. Do not undertake strenuous exercise until at least 1-2 hours after meal. It is also not advisable to drink alcohol before exercise.
3. Do not exercise when feeling unwell, suffering from an acute infection (such as fever, influenza) or taking certain medications. It may not be safe. Consult your doctor, whenever necessary, for advice on fitness to exercise.
4. While doing exercise, you should wear appropriate and comfortable sportswear. The sportswear should not hamper body movement and the sole of sports shoes should be flat and wide for better footing.
5. You should have sufficient warming-up (10-15 minutes) before exercise to make the muscles ready. It is also advisable to have some relaxing activities (10 minutes) after exercise.
6. Read the diagrams and captions of operating instructions carefully before starting the exercise so as to ensure safety.
7. Before practising, check whether the equipment is working properly and safely. If the equipment is out of order or not working properly, do not repair it by yourself. Report to the Student Residence Office (SRO) immediately.
8. Do not try the equipment that you are not familiar with.
9. Choose the weight according to your capability and start with the lighter ones, e.g. the weight which you can work 12-15 times continuously. Take special care when pressing heavier weight and use self-provided proper protecting device for the weight-bearing joints such as wrist, low back, knees and etc.
10. Do not hold your breath during weight-lifting. You should exhale when you are starting or exerting and inhale when returning to the starting position. Whether you are pressing or returning to the starting position, you should control your strength and stabilize your action to avoid striking the equipment components violently.
11. To avoid clashing with other users, please keep a distance from other users when exercising.
12. Return all equipment to original position after use so that other users will not tip over.
13. If any of the following symptoms appears during practice, you should stop exercise immediately and ask the people nearby, security staff and SRO for assistance. You should also be examined and diagnosed by a doctor afterwards:
 - a. chest pain;

- b. fainting or dizziness;
- c. nausea;
- d. abnormal breathlessness;
- e. irregular heart beat;
- f. persistent joint or muscle pain.

Student Residence Office
21 October 2024