

Use of Staff Gym

Added measures to take note are as follow:

- Each user is only permitted to book 1 gym slot per day. This is to ensure that users do not intermingle between different groups at different timeslots.
- Booking of gym slot must be done on-site at the physical gym counter on the day itself for the current or immediate next slot.
- User can only reserve a gym slot for him/herself and with a valid NUSafe Green Pass.
- User is required to put on his/her face mask when not performing any strenuous activities/exercises.
- User must observe safe distancing of at least 2 meters between users at all times.
- All users must bring along his/her own towel when using the gym. Users without a towel will not be admitted into the facility. Towels are not supplied by the Staff Gym or the University Health Centre.
- Users may use provided gym wipes to wipe down/sanitise exercise equipment before/after each use.
- Users must leave the gym premises at the 90-minute mark of their booked timeslot to facilitate the sanitisation of facilities for users of the next timeslot. To prevent overcrowding and cross-mixing, no extensions of any kind will be permitted. (E.g. If you have signed up for a 7.30am timeslot but arrive only at 8.00am, your time will end at 9.00am – the scheduled 90-minute mark all users who signed in for a 7.30am slot.)
- Users should not intermingle and linger within the premises including changing rooms/toilets.
- To prevent overcrowding and cross-mixing between groups, we seek all users' cooperation to be present only 10 minutes before their scheduled timeslot. Users who arrive too early for their session will be asked to return at their scheduled time.