



The University for Innovation

# Institute of Advanced Research *The University for Innovation*


IAR/RC/2021-22/78

DT-09/10/2021

## IAR GYM Rules and Regulations

### IAR Staffs & Students

- Gym users must carry your student ID card at all times while you use the gym facility.
- No tobacco, drugs, or illegal substances of any kind are allowed in the gym.
- Gym users are expected to act in a courteous and respectful manner. You are required to follow the instructions of the Sports Coordinator/Gym Supervisor at all times.
- Profanity, yelling, rude or boisterous behaviour will not be tolerated.
- Consuming food is strictly prohibited in the gym.
- Please wipe down the equipment after use, keep gym area hygienic, clean and tidy all the time.
- No equipment is to be moved from its designated area and may not be taken out of the Gym.
- Gym users must bring a clean towel and have it with you while working out.
- Athletic Attire must be worn to use the Gym.
- Closed-toes shoes appropriate for exercise must be worn at all times. Sweatshirts, t-shirts, shorts or exercise pants may be worn. You will be refused entry if you do not wear appropriate clothing for workout.
- Users are not allowed to leave bags or backpacks in the workout area. Keep your belongings outside the gym area.
- Weight plates are not to be leaned against gym equipment.
- After utilizing weights, remove bars and return plates and dumbbells to proper storage areas.
- Dumbbells and weight plates should not be dropped on the floor..
- Gym users should speak to the Gym Supervisor if assistance is required.
- Gym users should report all equipment malfunctions, personal injuries, and specific concerns immediately to the Gym Supervisor.
- The University is not responsible for the security of Gym user's personal belongings.
- Use of the IAR Gym is a privilege and individuals who do not comply with the Gym rules will be asked to leave and may have their membership revoked.
- Any damage to the Gym equipment or other property caused by users will charged to the user(s) responsible.
- Mobile phone use is not permitted in the Gym to avoid disturbance to the other users.
- Users may be present in the Gym only for the allotted time. The Gym Supervisor is entitled to require user(s) to leave after their allotted time.
- For any emergencies, please contact Gym Supervisor or Sports Coordinator.
- All users are required to follow covid-19 protocols mandatory as available on IAR Website

  
Registrar  
Institute of Advanced Research  
Gandhinagar-382426  
Gujarat, India.

☎ 079 3051 4111

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📍 Koba Institutional Area,  
Gandhinagar - 382426,  
Gujarat - India.



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IAR | 20 | 2021 - 22 | 77

Dt: 09/10/2021

IAR Gym Timings						
Gym attendees	Monday	Tuesday	Wednesday	Thursday	Friday	
Male Staff and students	IAR Male Staff		5:30pm to 6:30pm			
	IAR Male Students		6:00pm to 7:00pm			
Female Staff and students	IAR Female Staff		4:30pm to 5:30pm			
	IAR Female Students		4:30pm to 5:30pm			

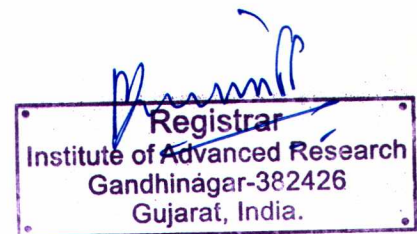
Gym will be in use at other times for timetabled activities.

**EMERGENCY CONTACT NUMBER:**

**Mr. Avinash Patel**  
**Sports Co-ordinator (IAR)**

**MO: 9327198410**

**Note:** All the authorized gym members will use the Gym as per the notified timings.



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