

Undertaking for Use of Gymnasium Facilities

General Undertaking

1. I shall abide by all rules, regulations, and guidelines issued from time to time by the competent authority regarding the use of the Gymnasium.
2. I understand that the allotted time slot for use of the Gymnasium is **55 minutes per session** and I shall strictly adhere to the schedule.
3. I shall carry a valid identity card/pass and produce it when requested by the staff/officials in charge.
4. I shall wear appropriate gym attire and footwear as prescribed.

Safety & Discipline

5. I shall use the equipment with due care and responsibility and shall not cause damage, misuse, or remove any equipment from its designated place.
6. I shall immediately report any malfunction, damage, or injury to the instructor/official present.
7. I shall not engage in any behavior that may endanger myself or others, including rough use of equipment, horseplay, or disruptive conduct.
8. I shall not bring food, beverages (except water), or any prohibited substances inside the Gymnasium.

Health Declaration

9. I declare that I am physically fit to undertake exercise and gym activities. I confirm that I do not suffer from any medical condition that may restrict my participation.
10. I agree that the Institute/Organization shall not be held responsible for any injury, accident, or health complication arising out of my participation.

Compliance & Penalty

11. I understand that violation of the guidelines may result in suspension or permanent withdrawal of my Gymnasium privileges without refund of any fees paid.
12. I accept that in case of any damage caused to the property or equipment due to my negligence or misconduct, I shall bear the cost of repair/replacement as determined by the authority.

Declaration

I have read and fully understood the above undertaking. I hereby agree to comply with all rules and accept full responsibility for my conduct while using the Gymnasium facilities.

Date: _____

Signature of User: _____