Application for the CUHK Fitness Room User Card

In order to ensure the safety of fitness room users and minimize chance of equipment damage, only those who can present valid CUHK Fitness Room User Cards can use the University Fitness Room. Any CUHK staff or student, including exchange student and postgraduate student, who obtains one of the following qualifications can apply for a CUHK Fitness Room User Card from the Physical Education Unit:

(1) Completes fitness training course organized by the PE Unit; or
(2) Possesses any Fitness Room User Card issued by other recognized organizations, including your previous school/university, LCSD, health/fitness centre, etc; or
(3) Presents endorsed written evidence to prove that you have received relevant training from other recognized organizations.

If you obtain one of the above qualifications, you may bring with you 2 recent photos (size: 1” x 1.5”) and HK$15(Student)/ $20 (Staff) / $80 (Alumni), the replacement fee is $20 to the University Sports Centre for application of a user card. Should you have any enquiries, please contact Mr. Wu Tat Cheung, telephone number: 3943-1473, email: wutc@cuhk.edu.hk.

Physical Education Unit
2 Aug 2013
Notice

CUHK Fitness Room User Card

In order to ensure user safety in CUHK Fitness Room, users have to present a valid CUHK Fitness Room User Card to our staff before they use the room.

All full time students and staff, as well as CUHK alumni could apply for a CUHK Fitness Room User Card through our reception counter in the University Sports Centre with the following documents:

1. A complete application form
2. Certificates / documents showing the applicant possesses the knowledge or the experience of using fitness equipment
3. Two photos of 40mm x 50mm
4. Card Fee

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<tr>
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<th>Student</th>
<th>Staff</th>
<th>Alumni</th>
<th>Replacement</th>
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<tbody>
<tr>
<td>Fee</td>
<td>$15</td>
<td>$20</td>
<td>$80/3 years</td>
<td>$20</td>
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</tbody>
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For enquiries, please call 3943-6097.

Physical Education Unit

August 1, 2013
The Chinese University of Hong Kong
Student Fitness Card Application Form

Student Name (English): __________________

Student Name (Chinese): ____________________

Student ID Number: _____________________

Major/Programme: __________________________

Expected Graduation Year/Term: ___________________

Contact Phone Number: __________________________

E-mail:________________________________________

Weight Training Qualification: _________________________________

Regulations:
1. Users should be dressed in appropriate sports wear and sports shoes. For all indoor facilities, footwear must be non-marking rubber-soled.
2. No smoking, food or drink is allowed.
3. Animals are not allowed to be brought into any sports facilities.
4. Any lost or damaged equipment will be charged to the person at cost and the case must be reported to the Unit as soon as possible.
5. Users are not allowed to receive fee for coaching without prior approval of the Physical Education Unit.
6. All users should beware of personal conduct and should not disturb other users.

Remarks:
1. The user card will be issued subject to applicant’s experience or qualification on fitness training.
2. Copy of the Fitness Training certificate/qualification is preferable (if any) and application fee $15 is required.
3. Please return the form with application fee to the reception counter of the University Sports Centre.

Declaration
I declare that I am healthy, physically fit, and suitable to participate in the physical activity, and I have not been otherwise advised by a qualified medical practitioner. I understand that by participating in weight training, there are risks of injury, death and/or loss. I am doing exercise entirely at my own risk and responsibility. I hereby discharge the Chinese University of Hong Kong, Physical Education Unit and any other individual from any responsibility of my injury, death or loss of property incurred during, as consequence of or while traveling to or from the fitness room.

__________________________________________
Signature of Card Applicant

__________________________________________
Date
The Chinese University of Hong Kong
Staff Fitness Card Application Form

Staff Name (English): __________________

Staff Name (Chinese): ____________________

Staff ID Number: _____________________

Dept / Unit: ____________________________

Email / Phone: ____________________________

Weight Training Qualification/Experience:

__________________________________________________________________________

__________________________________________________________________________

Regulations:
1. Users should be dressed in appropriate sports wear and sports shoes. For all indoor facilities, footwear must be non-marking rubber-soled.
2. No smoking, food or drink is allowed.
3. Animals are not allowed to be brought into any sports facilities.
4. Any lost or damaged equipment will be charged to the person at cost and the case must be reported to the Unit as soon as possible.
5. Users are not allowed to receive fee for coaching without prior approval of the Physical Education Unit.
6. All users should beware of personal conduct and should not disturb other users.

Remarks:
1. The user card will be issued subject to applicant’s experience or qualification on fitness training.
2. Copy of the Fitness Training certificate/ qualification is preferable (if any) and application fee $20 is required.
3. Please return the form with application fee to the reception counter of the University Sports Centre.

Declaration

I declare that I am healthy, physically fit, and suitable to participate in the physical activity, and I have not been otherwise advised by a qualified medical practitioner. I understand that by participating in weight training, there are risks of injury, death and/ or loss. I am doing exercise entirely at my own risk and responsibility. I hereby discharge the Chinese University of Hong Kong, Physical Education Unit and any other individual from any responsibility of my injury, death or loss of property incurred during, as consequence of or while traveling to or from the fitness room.

______________________________
Signature of Card Applicant

______________________________
Date
The Chinese University of Hong Kong
Alumni Fitness Card Application Form

Name (English) : __________________
Name (Chinese): __________________
Year of Graduation: __________________
Dept / Unit : __________________
Email / Phone: __________________

Weight Training Qualification/Experience:

__________________________________
__________________________________

Regulations:
1. Users should be dressed in appropriate sports wear and sports shoes. For all indoor facilities, footwear must be non-marking rubber-soled.
2. No smoking, food or drink is allowed.
3. Animals are not allowed to be brought into any sports facilities.
4. Any lost or damaged equipment will be charged to the person at cost and the case must be reported to the Unit as soon as possible.
5. Users are not allowed to receive fee for coaching without prior approval of the Physical Education Unit.
6. All users should beware of personal conduct and should not disturb other users.

Remarks:
1. The user card will be issued subject to applicant’s experience or qualification on fitness training.
2. Copy of the Fitness Training certificate/ qualification is preferable (if any) and application fee $80/3years is required.

Declaration
I declare that I am healthy, physically fit, and suitable to participate in the physical activity, and I have not been otherwise advised by a qualified medical practitioner. I understand that by participating in weight training, there are risks of injury, death and/or loss. I am doing exercise entirely at my own risk and responsibility. I hereby discharge the Chinese University of Hong Kong, Physical Education Unit and any other individual from any responsibility of my injury, death or loss of property incurred during, as consequence of or while traveling to or from the fitness room.

_____________________________  ________________________
Signature of Card Applicant       Date