

# 申請『大學健身室使用證書』

為確保大學健身室使用者的安全及減少器材損壞機會，未持有「大學健身室使用證書」的人士不能使用大學健身室。具有以下資格的教職員或學生〔包括交換生及研究生〕，可申請「大學健身室使用證書」：

- (1) 完成由中大體育部舉辦的健身課程；或
- (2) 出示由認可機構〔包括以前曾就讀的學校、康樂及文化事務署、健身中心等〕所舉辦的健身課程之證件；或
- (3) 出示由認可機構〔包括以前曾就讀的學校、康樂及文化事務署、健身中心等〕發出的證明文件，以證明曾接受等同訓練。校方或有關機構書面批註亦可。

如具備以上其中一項資格人士，可帶備港幣二十元(學生)/三十元(職員)/九十元(校友)，補領三十元，親臨大學體育中心辦理申請手續。如有任何問題，請與本部 張梓輝先生聯絡，電話：3943 0394，電郵：[tfcheung@cuhk.edu.hk](mailto:tfcheung@cuhk.edu.hk)

## Application for the ‘CUHK Fitness Room User Certificate’

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 Card or Certificate 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 Certificate 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, LCSO, 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 HK\$20(Student)/ \$30 (Staff) / \$90 (Alumni), the replacement fee is \$30 to the University Sports Centre for application of a user card. Should you have any enquiries, please contact Mr. CHEUNG Tsz-fai, telephone number: 3943 0394, email: [tfcheung@cuhk.edu.hk](mailto:tfcheung@cuhk.edu.hk)

# 申請『大學健身室使用證書』

請留意“香港中文大學雅禮中國語文研習所”的同學，需要申請健身証，必須符合以下條件，詳細如下：

為確保大學健身室使用者的安全及減少器材損壞機會，未持有「大學健身室使用證」的人士不能使用大學健身室。具有以下資格的學生，可申請「大學健身室使用證」：

- 1) 持有有效的“香港中文大學雅禮中國語文研習所”的全日制學生証。
- 2) 完成由中大體育部舉辦的健身課程；或
- 3) 出示由認可機構〔包括以前曾就讀的學校、康樂及文化事務署、健身中心等〕所舉辦的健身課程之證件；或
- 4) 出示由認可機構〔包括以前曾就讀的學校、康樂及文化事務署、健身中心等〕發出的證明文件，以證明曾接受等同訓練。校方或有關機構書面批註亦可。

如具備以上 1) 及 2-4 其中一項資格人士，可帶備港幣二十元(學生)，補領三十元，親臨大學體育中心辦理申請手續。如有任何問題，請與本部 張梓輝先生聯絡，電話：3943 0394，電郵：[tfcheung@cuhk.edu.hk](mailto:tfcheung@cuhk.edu.hk)

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 Card or Certificate can use the University Fitness Room. Any CUHK's Chinese Language Centre student who obtains one of the following qualifications can apply for a CUHK Fitness Room User Card from the Physical Education Unit:

- (1) Present valid “CUHK Chinese Language Centre” student card
- (2) Completes fitness training course organized by the PE Unit; or
- (3) Possesses any Fitness Room User Card issued by other recognized organizations, including your previous school/university, LCSD, health/fitness centre, etc; or
- (4) 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 HK\$20(Student) , the replacement fee is \$30 to the University Sports Centre for application of a user card. Should you have any enquiries, please contact Mr. CHEUNG Tsz-fai, telephone number: 3943 0394, email: [tfcheung@cuhk.edu.hk](mailto:tfcheung@cuhk.edu.hk)

Physical Education Unit

8 October, 2020

# 香港中文大學 健身室使用證書申請表

職員 / 學生 / 校友姓名 (中文) : \_\_\_\_\_

職員 / 學生 / 校友姓名 (英文) : \_\_\_\_\_

職員 / 學生證號碼 : (如適用) \_\_\_\_\_

部門 / 所屬書院 / 主修課程 : (如適用) \_\_\_\_\_

預期畢業年份 / 學期: (如適用) \_\_\_\_\_

聯絡電話: \_\_\_\_\_

健身經驗及資歷: \_\_\_\_\_

## 使用規則:

1. 使用者必須穿著合適之運動服裝及鞋襪。使用室內運動場時必須穿著不脫色之運動鞋。
2. 運動場內嚴禁吸煙及飲食。
3. 運動場內不可攜帶任何動物進入運動場地內。
4. 借用器材若有任何損毀或遺失，借用者有責任儘快通知體育部及照價賠償。
5. 用場人士教授技術，未經許可，不能擅自收取教練費。
6. 用場人士均須注意其個人之行為態度，切勿騷擾別人。

## 注意事項:

1. 本部將依據申請者的健身經驗及資歷發出使用證書。
2. 請同時提交健身訓練資歷證明副本 (如有):

●HK\$20 (學生) ●HK\$30 (職員) ●HK\$90/3 年 (校友) ● 補領費用 HK\$30

## 聲明

謹此聲明本人的健康及體能良好，適宜參加自行練習健體活動，並經由執業醫生確認本人之體能合乎參加阻力訓練。本人確認知悉參加此項運動的危險，並願意承擔自身之意外風險及責任，並無權向香港中文大學、大學體育部及其職員對本人在活動中引致自身意外、死亡或任何形式之損失索償及追討責任。

申請人簽署

日期

# The Chinese University of Hong Kong

## Fitness Room User Certificate Application Form

Staff / Student / Alumni Name (English) : \_\_\_\_\_

Staff / Student / Alumni Name (Chinese): \_\_\_\_\_

Staff / Student ID Number (If any): \_\_\_\_\_

Dept / College/ Unit (If any): \_\_\_\_\_

Expected Graduation Year (If any): \_\_\_\_\_

Contact Number: \_\_\_\_\_

Weight Training Qualification: \_\_\_\_\_

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### **Regulations:**

1. Users should be dressed in appropriate sport 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 / qualification is preferable (if any) and application fee **HK\$20 (Student) / HK\$30 (Staff) / HK\$90** per three years (**Alumni**) is required, the replacement fee is **HK\$30**.

### **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 travelling to or from the fitness room.

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Signature of Card Applicant

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Date