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 Ms. Chow Chi Ngan, telephone number: 3943-1446, email: cnchow@ cuhk.edu.hk.

Physical Education Unit
2 September 2017
【通告】

大學健身室使用証

為保障使用者安全，當使用大學健身室時需出示有效之大學健身室使用証；大學全職學生、全職職員及校友均可申領大學健身室使用証。申請者可向大學體育中心接待處查詢，並提交下列文件：

一．申請表；
二．訓練資歷證明；
三．40mm x 50mm相片兩張及
四．證件費用

<table>
<thead>
<tr>
<th></th>
<th>學生</th>
<th>職員</th>
<th>校友</th>
<th>補領證件</th>
</tr>
</thead>
<tbody>
<tr>
<td>費用</td>
<td>$15</td>
<td>$20</td>
<td>$80/3年</td>
<td>$20</td>
</tr>
</tbody>
</table>

如有查詢，請致電3943 6097。

2013年8月1日

體教育部啟
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
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