



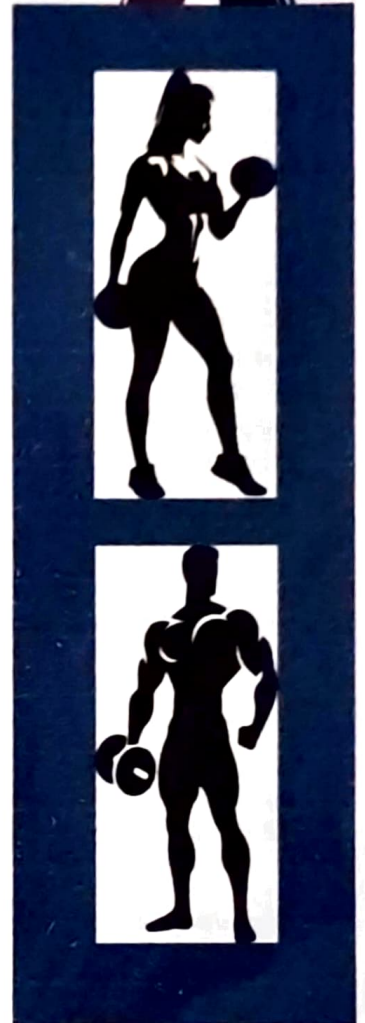
POLICY DOCUMENT

GOGAMUKH COLLEGE GYM CLUB

*This policy document outlines the rules and regulations governing
Fitness Club of Gogamukh College. It aims to ensure a positive
experience for all members and visitors.*

GOGAMUKH COLLEGE

(NAAC Accredited with Grade 'B')
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Policy Document GOGAMUKH COLLEGE GYM CLUB

Gogamukh College Gym Club is a dedicated facility designed to support physical fitness and exercise activities for students and faculty members. Equipped with a variety of exercise machines, free weights the gymnasium club provides a space for students and faculty members to engage in individual or group workouts. It serves as a hub for promoting a healthy lifestyle, offering opportunities for cardiovascular exercises, strength training, and flexibility workouts. The gymnasium is typically staffed by fitness professionals who may provide guidance on workout routines, offer fitness classes, and ensure the safe and effective use of equipment. Beyond physical health, the gymnasium club contributes to the overall well-being of students by providing a space for stress relief, social interaction, and the cultivation of healthy habits. It becomes a central component of the college's commitment to fostering a holistic and balanced educational experience for its students and faculty members.

Policies and procedures:

Gogamukh College Gym Club membership is open to all current enrolled student (who are age 17 or older) and faculty members of Gogamukh College. Students under the age of 18 must have a parent or legal guardian co-sign their Membership application form prior to using the Gogamukh College Gym Club. The rules of the Gogamukh College Gym Club are meant to ensure a welcoming and unthreatening atmosphere for all members. Failure to abide by these rules may result in immediate removal from the Gogamukh College Gym Club, termination of membership privileges, and other judicial consequences.

Gogamukh College Gym Club management has established a variety of policies and procedures to ensure the members have both a fun and safe experience while using the facilities. It is recommended that our members review the following policies. If you have any questions regarding our policies and procedures, please don't hesitate to contact the Gym Club management.

A) Access to Gym Club:

A College ID is required to gain access into the Gym Club, NO EXCEPTIONS. If you have lost your college ID, please visit the administrative office of Gogamukh College to replace your lost ID. Attempting to gain entry by citing and using or Use of another person's ID to gain access to Gym Club will result in immediate suspension of membership of the person and person sharing their ID.

- (i) All eligible students (and parents or legal guardians where applicable) are required to complete and sign their Membership application Form prior to using the facility.
- (ii) Each member must carry his/her valid membership ID in order to gain entry to the Gym Club.
- (iii) All members must check in at the Information Desk upon entering the Gym Club.
- (iv) Users must abide by any additional rules or instructions posted within the Gym Club Information Desk.

By entering into this gym club agreement, each member represents that he/she

- (i) Has no psychiatric, medical or physical condition or history which would prevent him/her from using all or any of the Gym Club facilities, equipment and/or services and/or endanger her/himself or others, and
- (ii) Has not been instructed by any physician not to use any of the Gym Club's facilities, equipment and/or services. Members are instructed not to act on the advice given by any employee or other College representative until such advice has been verified with Gogamukh College Gym Club employed trainer.

B) Proper Attire and Personal Items:

Proper athletic attire must be worn while using the Gym Club.

- (i) All Gym Club users must wear proper gym attire. Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate attire.
- (ii) Shirts are required to be worn at all times. Unaltered t-shirts and sleeveless shirts which cover the entire stomach, chest and back (no sport bras only) are permitted.
- (iii) Jeans, open-toed shoes, work boots and other inappropriate clothing are prohibited.
- (iv) Bare feet, socks only or sandals are NOT permitted.
- (v) Personal items must be stored in a locker or cubby. Placing items next to equipment is prohibited.
- (vi) Personal belongings cannot be stored at the Information Desk.

During winter months and rainy days, please bring a dry pair of shoes. The facility attendant on duty may deny access to Gym club if you do not have a dry pair of shoes.

C) Exercise Equipment and Approved Training:

- (i) Only Gogamukh College Gym Club employed trainers are permitted to train those using the Gym Club. No coaches or outside trainers are allowed to train others in the Gym Club.
- (ii) No organized group training is permitted in the Gym Club, including varsity teams and other groups.
- (iii) Users must completely wipe down/clean all equipment after each use.
- (iv) Members are responsible for reporting equipment failures to the staff on duty.
- (v) There will be a 30-minute time limit on all cardio machines during peak hours as posted by the Gym Club.
- (vi) Dumbbells and weight plates must be returned to their proper racks after each use. Do not rest dumbbells or plates on benches or on the ground.
- (vii) Spotters should be used for free weight activities. The gym Club staff on duty are not permitted to spot users.
- (viii) Olympic style lifting (e.g., cleans, snatches, push press) and weight lifting chalk are not allowed.
- (ix) Dropping or slamming weights is not permitted.
- (x) Other users must be allowed to "work in" when another user is doing multiple sets on benches or other strength equipment.
- (xi) Abusive language and disruptive or distracting noises while lifting will not be tolerated.

D) Food and beverages:

- (i) Other than water bottles or sports drinks in re-sealable metal and plastic containers (No glass containers), food, gum and beverages are not allowed in the Gym Club.
- (ii) It should also be noted that water fountains/drinking water facility are available and located near to the Gym club of Collage campus if you do not choose to bring water with you to the Gym club.
- (iii) Smoking and smokeless tobacco are prohibited. Gogamukh College reserves the right to terminate memberships immediately if the College determines in its sole discretion that a member has violated these rules, harmed or jeopardized anyone at the Gym Club, or otherwise behaved in a manner inappropriate for the Gym Club.

E) Cell Phone and Camera Usage:

- (i) The use of cell phones in the Gym Club is prohibited
- (ii) The use of any type of camera or video recording device is prohibited in the Gym Club.

F) Guests/visitors:

Guest passes may be issued by Teacher in Charge & Gym Management Committee so that non-members may use the Gym Club and visit it. A Gym Club guest is defined as an individual who is:

- (i) not enrolled with Gogamukh College and visiting a gym club member at Gym Club; or
- (ii) an Alumni, a student, faculty, or staff member of Gogamukh College who does not have a valid/current Gym Club membership; or
- (iii) an invited visitor to college campus that is hosted by an individual department or Collage itself.

A visitor not enrolled with Gogamukh College and visiting a Gym Club member at Gym Club can get only one-time visiting pass in a month. An Alumni, a student, faculty, or staff member of Gogamukh Collage who does not have a valid/current Gym Club membership can issued a week to 15 days visiting pass upon prior consultancy with Teacher in Charge or with any Gym Club Management Committee. An Invited visitors may visit the Gym Club at any time of working days with Teacher in Charge or with any Gym Club Management Committee member.

G) Health and safety:

If any members have the flu, a cold, or any other contagious illness, are not allow to use the Gym Club. Using the Gym Club with a contagious illness puts him/her and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Bottles of disinfectant and paper towels are available in Gym Club for cleaning perspiration from the pads and benches. Please be courteous of fellow Gym Club members and use the supplies provided for you.

H) Injuries:

The member recognizes and acknowledges that there is a known risk of injury in utilizing the facilities and equipment at the Gym Club. The member does so at his/her own risk and knowingly and voluntarily assumes full responsibility for any injury or harm that may occur to her/him on or about the Gym Club premises. Members shall use the Gym Club facilities, equipment and services in a responsible manner and in compliance with all applicable rules and practices, and will report immediately any injuries and accidents that may occur to him/her in, on or about the Gym Club premises to the Gym Club staff person or Gym Club management.

Any member who incurs an injury or becomes dizzy/ill while using the Gym Club should immediately contact Gym Club staff person for assistance. A first aid kit is kept at the front desk for minor injuries. In cases requiring more extensive first aid, gym club staff will contact the appropriate persons for assistance. It is important that Gym Club staff be notified of any cases of injury or illness so that proper procedures can be initiated. Athletic tape may only be used for minor injuries.

I) Lost and found:

Articles lost in either facility are kept in the lost and found boxes located by the front desk as you enter the Gym Club. The Gym Club are not responsible for any lost or stolen articles or for any items left at the front desk while you are at the Gym Club. Gogamukh College is not responsible for the loss of personal property.

J) Respect and Behaviour:

All club Members and club Officials must show tolerance, courtesy, good manners, fairness, honesty and integrity in their dealings with other Club Members, Official guests and social visitors.

K) Membership revocations and suspensions

All Gogamukh College and Gym Club policies and procedures are applying to the Gym Club. The Gym Club staff is responsible for enforcement of Gym Club policies and Gym Club guidelines (whenever applied). Courtesy for other members, staff and the equipment in the gym club is expected and required. Loud, boisterous or abusive behaviour will not be tolerated. Failure to comply with Gym Club policies and Gym Club guidelines may result in immediate eviction from the Gym Club, revocation of membership with no refund, and disciplinary review through the college judicial system.

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Objectives:

1. Get healthy in body and mind to live a longer and more fulfilled life.
2. Lose fat and gain muscle.

Gym Club management Committee:

Gogamukh College Gym Club Management Committee members are appointed from college faculty as under:

Chairman: Dr. Dilip kumar Jah, Principal
Secretary: Mr Bharat Saikia, Vice Principal

Advisor:

Mr. Dhyan Jyoti Doley, Gym Instructor

Teacher in Charge:

Mr. Navajyoti Gogoi, Asst. Professorm, Economic

Committee Members:

Dr. Amar jyoti Doley Asst. Professor Assamese
Mr. Gunabhiram Boruah, Asstt. Professor, Geography
Mrs. Luman Taina, Asst. Professor. Sociology
Mr. Ranjan Baruah, Asstt. Professor, computer Science

Time schedule/slot for Gym club:

Faculty & Staff: 5am-7am	Girls: 5pm-6pm	Boys: 6pm- 7pm
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Membership fee:

Annual membership fee is Rs 100/- per head only for Present students of Gogamukh College; outsiders are not allowed to be a member. Membership should be renewed within 15 days of current membership expired.

Present members of the Gym club: (2023-24)

Faculty & Staff: 10	Girls: 13	Boys: 22
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Rules and Regulations:

1. Persons interested in Gym Club membership will submit registration form along with RS 100/=, photo copy of his college ID card and two photographs (Passport Size). Admission or Enrolments on first come first serve basis.
2. No admission Fee will Refund in any Circumstances.
3. Entry should be marked in In/Out register every time before using the Gym Club facility.
4. The Gym Club management reserves the right of Admission. They have the right to refuse admission in case of lack of discipline in the applicant in academics.
5. The membership of the Gym Club is personal to a member and cannot be assigned, transferred or otherwise disposed off.

8. Any member entering the Gym Club using its facilities does so at its own risk. The Gym Club cannot accept responsibility or liability for any injury or loss, including fatality or damage, whatsoever to any person or his/her property. Any person who suffers an accident or injury in the Gym Club premises must report the accident or injury and the circumstances under which it occurred, to the Gym Club staff person or Gym Club management authority immediately.
9. The management neither accept the responsibility for any damage caused to items, valuables or personal belongings brought into the Gym Club nor Gym Club is responsible for loss of personal belongings
10. Members should not undertake any physical activity for which they may not be fit and are responsible for monitoring their condition during exercise. The Gym Club will not be in any harm to a member as a result of his undertaking physical activity within the Gym Club.
11. Each member is responsible for monitoring his or her own physical condition and physical activity undertaken at the Gym Centre. Should any unusual symptoms occur, the member must immediately stop the activity and inform the instructor or Gym Club staff person.
12. Member shall refrain from using the Gym Club facilities and exercises immediately after consuming a heavy meal and if suffering from cold, infections, diseases or open lesions
13. Receive instructions for the use of Gym Club equipment's prior to working out for the first time.
14. No pets are allowed into the Gym Club.
15. To ensure the safety of all members, those with diabetes, heart problems, high-low blood pressure or who are on strong prescriptions or have any form or indications of medical conditions should consult their doctors before enrolling themselves in any particular program at the Gym Club.
16. Member must show consideration to each other in and around the Gym Club, in particular, profane or abusive language and the threat or use of violence will not be tolerated.
17. Members must obey the notices and signs on display in the Gym Club. It is a member's responsibility to read any information on the Gym Club information disk.
18. Member are requested to wear appropriate attire and footwear when using the facilities.
19. Members are not permitted to bring personal food and beverage items into the Gym Centre from outside. Only water & energy drinks are allowed.
20. Personal sound system will not be permitted into the Gym Club.
21. Gym facility can be used only in the allotted time slot.
22. Members are requested to use their own towels while using the Gym Club facility.
23. Apart from the above rules the instructions issued by the College authority must be strictly followed.
24. Members should bring their membership card: No entry will be allowed without their ID card
25. Students who are found irregular i.e. absent for 15 consecutive days, their membership will be automatically cancelled.
26. Members should keep the equipment and Gym Club clean
27. Turn off lights and close and shut all windows when leaving
28. ANYONE FOUND DAFFACING OR DAMAGING GYM CLUB OR EQUIPMENT IS SUBJECT TO DISCIPLINARY ACTION AND WILL BE HELD FINANCIALLY RESPONSIBLE.

Amendments:

This policy document may be amended as necessary. Members will be notified of any changes via email.

Contact Information:

For questions or concerns regarding this policy document, please contact:

Teacher in Charge:

Mr. Navajyoti Gogoi, Asst. Professor, Economic

Email: navajyotigogoi@gmail.com

Phone Number- +916000-638788



OFFICE OF THE PRINCIPAL

Form No:.....

GOGAMUKH COLLEGE

(NAAC Accredited with Grade 'B')

P.O. - Gogamukh, Dist - Dhemaji, Pin-787034 (Assam)

Email: gmkc1981@gmail.com

www.gogamukhcollege.net

Dr. Dilip Kumar Jha
Principal

Ph:9707078636

Application form for membership of Gogamukh College Gym Club

(For Student and Faculty/Staff)

To

The Teacher in-charge,
Gym club Gogamukh College
Gogamukh College,
Gogamukh

RECENT
PHOTO

Please enroll _____ (myself/son/daughter), (Class _____
Roll no _____ Department _____) Aged _____ Gender _____ as a
member for the use of College gymnasium club (Gym Club). I / my son/daughter have gone through the rules
governing the use of the College gymnasium club (Gym Club) and undertake to abide by them. I have paid
Rs. _____ as Gym Club admission fee/ Gym Club membership renewal fee to the College cashier vide
receipt No. _____ book No. _____ dated _____ (original receipt attached).

- I enclose recent photograph of _____ (myself /son/daughter).

- I am age 18 or over.
- I am age 18 or over, if not, I am at least age 17 and my parent or legal guardian has co-signed this application form with me consenting to my membership to the Gogamukh College Gym Club.
- I have read, understood and agree to all policy and Rules & Regulations of Gogamukh College Gym Club.

Signature of the applicant: _____

Name: _____

Designation _____

(Class & Roll No) _____

Department/Section _____

Present address _____

Mobile : _____

E-mail: _____

Signature of the Head of the Dept.

(With Seal)

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2. No admission Fee will Refund in any Circumstances.
3. Entry should be marked in In/Out register every time before using the Gym Club facility.
4. The Gym Club management reserves the right of Admission. They have the right to refuse admission in case of lack of discipline in the applicant in academics.
5. The membership of the Gym Club is personal to a member and cannot be assigned, transferred or otherwise disposed off.
6. The management shall reserve the right to choose part or all the facilities of the Gym Club due to repair, maintenance, expansions of facilities or special events, without advance notice and to readjust the operating hours of Gym Club accordingly.
7. Members are advised to undergo a medical examination prior to joining and using the Gym Club. Any medical problem should be disclosed at the time of applying for membership.
8. Any member entering the Gym Club using its facilities does so at its own risk. The Gym Club cannot accept responsibility or liability for any injury or lose, including fatality or damage, whatsoever to any person or his/her property. Any person who suffers and accident or injury in the Gym Club premises must report the accident or injury and the circumstances under which it occurred, to the Gym Club staff person or Gym Club management authority immediately.
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✓ I have read, understood and agree to all policy and Rules & Regulations of Gym Club.