

國立中山大學第二體適能中心使用管理規定

Guidelines on the Usage of Second Fitness Center

109 年 11 月 11 日 109 學年度第一學期學務處第 5 次組長會議通過

110 年 3 月 17 日 109 學年度第二學期學務處第 2 次組長會議通過

115 年 9 月 1 日 115 學年度第一學期學務處第 1 次組長會議通過

Amended and approved at the 1st Division Director Meeting of the Office of Student Affairs on September 1, 2026

- 一、 本校為有效管理第二體適能中心(以下簡稱本中心)、確保設施營運效能並維護使用者安全，訂定本規定。
- I. *These guidelines are formulated in order to effectively manage the Second Fitness Center (hereinafter referred to as the “Center”) and ensure the operational efficiency of facilities and the safety of users.*
- 二、 本中心於開放時間由管理單位訂定公告。
- II. *Opening hours of the Center is formulated and announced by the unit in charge.*
- 三、 本中心收費方式為持有效期間內之運動證或以一卡通儲值付費入場，收費標準依「國立中山大學運動場管個人使用收費基準」規定辦理。
- III. *Users shall present a valid NSYSU sport card or use the iPass payment and be charged in accordance with the University’s Guidelines on Charges for the Use of Sports Venues.*
- 未滿十二歲兒童禁止入場。
- Children under the age of twelve shall not enter.*
- 四、 為維護使用者安全、場地整潔及地墊品質，入場者必須全程穿著運動服裝，且於入本中心時應穿著鞋底乾淨的運動鞋或健身專用鞋。前述入場服裝之規定由現場管理人員認定。
- IV. *To ensure the safety of users, cleanliness of the venue, and quality of rubber flooring, users shall wear sportswear and athletic shoes with clean soles throughout their time in the Center. Whether an outfit meets the above requirements shall be subject to the discretion of the on-site management staff.*
- 五、 為維護個人及群體衛生，使用者應自行攜帶運動毛巾；並於使用後擦拭健身器材之儀表板、握把及椅墊上汗水。
- V. *To ensure personal and group hygiene, users shall bring their own towels and wipe their sweat off the consoles, handles, and seats of fitness equipment after use.*
- 六、 本中心內嚴禁白開水以外之任何飲食。
- VI. *Consumption of beverages and food is prohibited in the Center, except for water.*
- 七、 使用者攜入本中心之個人財物應自行保管，如有遺失或損壞，本中心不負賠償責任。
- VII. *Users shall attend to their own personal belongings. The Center shall not be liable for any damage or loss.*
- 八、 本中心內之各項器材以每人三十分鐘輪流使用為原則，使用發生爭議時，由現場管理人員協調。
- VIII. *Each user shall be limited to thirty minutes for using every fitness equipment, in principle. The management staff shall coordinate any disputes on-site.*
- 九、 本中心重量訓練區特別規範如下：
- IX. *Particular provisions for the weight training area in the Center are as follows:*
- (一) 嚴禁使用粉狀類物品(如滑石粉)。
- (1) *Powder materials, such as talcum powder, shall not be used.*
- (二) 嚴禁將槓片靠置或放置於牆壁、鏡子、椅子或器材等設備。
- (2) *Weight plates shall not be leaned against or placed on walls, mirrors, chairs, or other equipment.*
- (三) 嚴禁丟擲槓片及啞鈴，應小心輕放。
- (3) *Weight plates or dumbbells shall be handled with care.*
- (四) 設施之軸環應確實鎖緊以策安全。
- (4) *Shaft collars on equipment shall be securely locked to ensure safety.*
- (五) 重訓器材使用完畢後，應拆卸橫槓並將槓片、啞鈴歸回原位。
- (5) *Barbells, weight plates, and dumbbells shall be racked to their original positions after use.*

- 十、 使用者發現器材故障或其他突發狀況，應立即停止使用並通知管理人員。
- X. In the event of malfunction of any equipment or other emergencies, users shall immediately cease activities and notify the management staff.
- 十一、 本中心現場管理措施由管理人員依規定執行之。
- XI. The on-site management measures of the Center shall be carried out by the management staff in compliance with these guidelines.
- 違反本規定並經管理員勸導無效者得令其離場，必要時報請警察機關協助處理，經強制離場者已繳之費用不予退還。情節重大者依「國立中山大學運動場館管理要點」限制其未來使用本中心之權益。
- Users violating these guidelines shall be warned by the management staff. Those refusing to comply shall be evicted from the venue, with police assistance if necessary; under the said situation, their fee shall not be refunded. Users with severe violations shall be subject to the restriction on future usage of the Center in accordance with the University's *Guidelines on Sports Venue Management*.
- 十二、 本中心不提供非本校辦理之訓練課程及其他私人教學活動使用；但經管理單位核可後，不再此限。
- XII. The Center shall not function as the site for training courses not organized by the University or other private personal activities, unless otherwise approved by the management unit.
- 十三、 本規定經學務處組長會議通過，修正時亦同。
- XIII. These guidelines are approved by the Division Director Meeting of the Office of Student Affairs before implementation. Amendment to these guidelines shall follow the same procedure.