龐萬倫學生中心禮堂(G01室)使用規則

User Guidelines of Multi-purpose Hall (G01) at Pommerenke Student Centre

基本資料 Basic Information

- 1. 禮堂只供持有效「中大通」的香港中文大學學生及教職員使用。
 The use of Multi-purpose Hall is restricted to CUHK students and staff upon presentation of valid CU Link Card only.
- 2. 除特殊情況外,禮堂開放予使用者進行籃球及羽毛球等康體活動,使用者可按活動時間表訂明的時段自備體育器材到場使用,毋須預約。活動時間表於每學期及暑期公佈,個別時段或會因考試及其他外借活動有所更改,恕不另行通知。 The Multi-purpose Hall is available for recreational/sports activities such as basketball and badminton, except for special occasions. No reservation is required for participation in fee-free recreational/sports activities. No sports equipment would be offered and users should bring their own sports equipment. The recreational/sports activity schedule is announced in Terms 1 and 2 and in the summer. The activity schedule is subject to change due to examinations and special events, etc. without prior notice.
- 3. 禮堂於星期一至六開放,時間為星期一中午12時至晚上10時30分、星期二至五上午9時至晚上10時30分、星期六上午11時至下午6時。周日及公眾假期休息。
 - The Multi-purpose Hall is open on Monday from 12:00 noon to 10:30 pm, Tuesday to Friday from 9:00 am to 10:30 pm and Saturday from 11:00 am to 6:00 pm. It is closed on Sundays and public holidays.
- 4. 如學生事務處認為禮堂不宜使用,有權將之關閉,毋須事前通知。
 Office of Student Affairs reserves the right to close the Multi-purpose Hall without prior notice if consider it is not suitable for use.

使用規則 Rules and Regulations

- 1. 於自由活動時間內,香港中文大學學生及教職員請帶備「中大通」進入禮堂。所有中大通只供持有人使用,不得轉借。非法使用者其中大通會被沒收。
 - All users must present their valid CU Link Card. CU Link Cards are non-transferrable and are for exclusive use of the person named on the card. The CU Link Card will be confiscated if presented by anyone other than the rightful owner.
- 2. 請小心使用禮堂內的設施;使用後必須清理場地,並回復原狀。若場地或設施有任何損壞,須按值賠償。 Please take good care of the facilities in the Multi-purpose Hall. Users are responsible for reinstating the facilities to its original condition immediately after use. In case of any loss or damage, users are responsible to pay for the repair or replacement cost.
- 3. 進行活動時,所有使用者必須穿著適當運動衣,嚴禁穿著牛仔褲、街頭服飾或赤足赤膊。於禮堂內必須穿著不留印運動 鞋,不可穿著皮鞋、拖鞋或高跟鞋。
 - User must wear appropriate sport attire during exercise. Jeans and streetwear are strictly prohibited. Bare foot or bare-chested is NOT allowed. User must wear non-marking sport shoes in the Multi-purpose Hall, not leather shoes, slippers or high heel shoes.
- 4. 龐萬倫學生中心設有男女更衣室。使用者嚴禁在禮堂內更衣。
 Changing rooms are available at the Pommerenke Student Centre. Changing in the Multi-purpose Hall is NOT allowed.
- 5. 更衣室內備有儲物櫃,供使用者在活動當天使用。存放物品如遭盜竊或遺失,學生事務處概不負責。 All personal belongings are to be stored in a locker in the changing rooms. Office of Student Affairs shall not be liable for any loss or damage of personal belongings.
- 6. 校園內嚴禁吸煙。禮堂內,不准飲食(清水除外)。 Smoking is strictly prohibited on campus. Eating and drinking (except water) is NOT allowed in the Multi-purpose Hall.
- 7. 於禮堂(G01)內進行體育活動時可毋須佩戴口罩,惟進入龐萬倫學生中心及運動前後仍需佩戴口罩 Users do not need to wear mask when having sports activities inside the Multi-purpose Hall (G01). However, wearing mask is still required when entering the Pommerenke Student Centre and before/after exercises
- 8. 禮堂內不可舉辦任何商業或金錢交易活動。
 Any kinds of commercial activities or activities involving money transaction are prohibited in the Multi-purpose Hall.
- 9. 安全守則Safety precautions:
 - 9.1. 使用者若有下列症狀,請於活動前請教醫生:

User having any of the following disease(s) should consult physicians before exercise:

- 心臟病 Heart disease
- 高血壓Hypertension
- 糖尿病 Diabetes

- 肝病 Liver disease
- 9.2. 活動期間若出現下列症狀,應立刻停止活動:

Stop activities immediately if user has any of the following symptom(s):

- 暈眩 Dizziness
- 胸痛 Chest pain
- 作嘔 Nausea
- 不正常之呼吸 Abnormal breathing
- 肌肉及關節持續疼痛 Continuous soreness of certain muscle / joint
- 10. 遇有使用者在活動期間發生意外或受傷,必須立即向學生事務處服務台報告。

All injuries or accidents must be reported immediately to the Service Counter of the **Office of Student Affairs**.

- 11. 活動規則Recreational/Sports activities regulations:
 - 11.1. 禮堂的活動時段是為指定的康體活動而設,切勿在場內進行危害他人的活動,拋擲物件、跑步、踏單車、滾軸溜水、踏滑板等均不適宜。

The recreational/sports activity schedule is for designated recreational sports activities. Activities such as passing/throwing/kicking/hitting of objects, jogging, bicycle riding, roller skating or skateboarding or activities, which may be hazardous to others, are NOT allowed.

- 11.2. 籃球活動:若有其他使用者輪候,不得霸佔場地;除非人數足夠,打球時應只用半邊籃球場。
 For basketball, users must not attempt to dominate court space when other users are waiting. Full court is only allowed unless the number of players permits.
- 11.3. 羽毛球活動:每個場地最多可供四人同時使用,最長使用時間為每組30分鐘,以禮堂的牆鐘為準。使用時限由有輪 侯人士開始計算。

For badminton, each court could be used by a group of no more than 4 people. Each group could play no more than 30 minutes according to the time shown on the clock inside the Multi-purpose Hall. The 30 minutes time limit would start to count if other users are waiting.

11.4. 乒乓球活動:每張乒乓球桌最多可供四人同時使用,最長使用時間為每組30分鐘,以禮堂的牆鐘為準。使用時限由 有輪侯人士開始計算。

For table tennis, each table could be used by a group of no more than 4 people. Each group could play no more than 30 minutes according to the time shown on the clock inside the Multi-purpose Hall. The 30 minutes time limit would start to count if other users are waiting.

注意事項 Notes

1. 所有使用者必須嚴格遵守本使用規則、龐萬倫學生中心的其他規則及「師生中心使用條款及細則(適用於范克廉樓、富爾敦樓及龐萬倫學生中心)」(https://www.osa.cuhk.edu.hk/joiningcuhk/campus-life/amenities-sport-facilities-facilities-booking/)。若有違反,學生事務處有權停止其使用權利,最長可達六個月。

All users must abide by the rules and regulations set out for the Snooker Room, other policies set for the Pommerenke Student Centre as well as the "Terms and Conditions of Use of Staff-Student Centres (Benjamin Franklin Centre, John Fulton Centre and Pommerenke Student Centre) " (https://www.osa.cuhk.edu.hk/joiningcuhk/campus-life/amenities-sport-facilities-booking/). Office of Student Affairs reserves the right to debar users who fail to observe the aforesaid regulations from booking and using the venue for up to six months

- 2. 若在禮堂內發生意外,導致損失或受傷,學生事務處概不負責。
 - Office of Student Affairs shall not be liable for any personal injuries or accidents howsoever caused, during the use of the Multipurpose Hall.
- 3. 學生事務處有權於任何時間對本規則作出修改。

Office of Student Affairs reserves the right to amend the terms and conditions of these guidelines.

4. 倘中文版本與英文版本有任何歧異或不一致,概以英文版本為準。

The English version shall always prevail in case of any discrepancy or inconsistency between Chinese version and English version.