

DEFENCE RAYA

DEFENCE RAYA GOLF & COUNTRY CLUB

SOP Gymnasium

- Gymnasium will remain operational for members from 06:30 am to 10:30 pm.
- All Members are requested to adhere to the dress code. Sports attire includes tracksuits, long shorts, and collared or round-neck t-shirts. Golf or hard soled shoes are not allowed inside Gym or on treadmill. Prohibited attire encompasses jeans, sandals and ladies heel shoes within the sports area.
- Members, their spouses and children can use Gym subject to payment of such charges as prescribed by the club authorities. They are also required to pay for the coaching charges if they use coaching facilities.
- Children under 16 years of age are only allowed under supervision of parents and after written approval.
- Members should bring their membership card while visiting the sports facilities.
- Members can bring their guests after paying guests charges. Guests are only allowed from Monday to Thursday and must be accompanied by the member.

- Member's male children between 21 to 30 years of age who has not paid extension fee, exceed the age of thirty or gets married will be charged as guests. As of female children if she gets married then she will be charged as guest.
- All maids, servants and drivers must stay in the designated areas and must not visit sports areas.
- No pets are allowed inside club premises.
- Eatables except water are not allowed inside Gym.
- Members are requested to show proper etiquettes and manners. No littering, spitting, loud noises, answering mobile phone with loud voice, disturbing others etc.
- Please take care of other member's privacy in locker, showers and changing room area.
- Members must be polite with the staff present at the facilities. Coaches and the attendants are there to help the members. They must not be taken as member's personal servants.
- Any individual with physical disability must have an adult's supervision.
- Members must not bring unauthorized equipment to be used during Gym exercises.
- Members can use exercise machines on first come first serve basis. If other members are waiting then the member must allow other members to use gym equipment. Timings for treadmill, cycling elliptical etc is 20 minutes for a member to use.
- Do consult your coach before starting vigorous exercises to prevent injuries.
- Towels are provided in Gym. Members are requested to deposit towels back to used towels bin placed inside the Gym.
- Don't leave your clothes unattended in changing room or shower. Please place your belongings in lockers.

- Photography disturbing other member's privacy in Gym area is strictly prohibited.
- Music will be played on members request. It should not be so loud to disturb other members. Music must be switched off during religious obligations such as Prayers timings/Muharram etc.
- Take care of your valuables. DRGCC is not responsible for any loss or damage to members personal belongings.
- Lockers are available for the members. Members can get lockers keys from the reception. In case of loss of keys, the members will be charged Rs 500/- for procurement of duplicate key.
- Entire sports area is no Smoking zone.
- Suggestion/Complaint register is available at the reception.
- Female Gym is out of bound for males and vice versa.
- Equipment such as weights, dumb-bells after use must be placed back to their racks by members themselves.
- Please be careful while using the equipment. Don't throw weights, Dumb-bells etc on the floor as they or floor can get damaged.
- Members are requested to use deodorants for comfort of other members.
- Members with any skin or transmittable disease must not visit DRGCC for safety of other members. They must get certificate from the doctor.
- Please conserve water while taking showers etc.
- Coaching and Guest Charges are attached.

BMI Machine (Inbody 270 Analyzer)

- Members can use BMI machine placed in the reception of gym after paying the charges.

- Individuals with medical implant devices pacemaker etc must not use this equipment. Safe, low-level current will flow through the body during this test which may cause malfunctions of implanted devices and may endanger lives.
- Children or people with limited mobility must be supervised/assisted when using BMI machine.
- Remove shoes and socks before using the device.
- The machine will be operated by the receptionist present in the gym. Members are not allowed to operate it themselves.
- Don't use this device after exercise or consuming food.
- To be on safer side there must be two months interval before retesting. Cell number of the member will be used as record of the test.
- Please follow instructions of the device operator.

Yoga Hall (Female Gym only)

- Members must follow dress code with non-marking shoes on wooden floor.
- No member is allowed to use Yoga Hall with any Gym equipment such as weights, dumbbells or kettlebells etc due to the wooden floors except for 1-2 Kg weights for the classes. The room will only be used for mats-based exercises individually or during Yoga and Get fit classes.
- During the class members who are not part of the class are not allowed in the hall and the doors will be closed during the class/coaching.

- The Yoga and Get fit coaches are responsible to maintain discipline in the Yoga hall. Members are requested to follow the instructions of the coaches.
- Members are requested to adhere to the timings of the class. After the class members must vacate the hall so that the hall is made ready for the next class. House Keeping to clean the hall after every class.
- Maximum 35 members are allowed in one class. If the number of members increase then they will be placed on waiting list and will be accommodated later.
- All the class coordination will be handled by the Receptionist in charge.
- Members are requested not to bring your personal belongings in the Yoga hall. Place it in your lockers.
- The sound system in Yoga hall will only be used during class or coaching in Yoga hall.

30 July 2024



Maj (Retd)
Asst Secy Sports DRGCC
(Naveed Mukhtar)