



ཕུ་རོ་ཤེས་རིག་མཐོ་རིམ་སློབ་གྲྭ།

**PARO COLLEGE OF EDUCATION  
ROYAL UNIVERSITY OF BHUTAN  
PARO: BHUTAN**



## PCE Fitness Centre Membership Registration/Renewal Form

Welcome to PCE Fitness Centre! We are excited to have you join our Centre. Please complete the registration form below to become a member/renewal.

### 1. Personal Information

- 1.1 Full Name : \_\_\_\_\_ Gender: Male/female  
1.3 Programme/Course (for students) : \_\_\_\_\_ Year: \_\_\_\_\_  
1.4 Email : \_\_\_\_\_  
1.5 Contact Number : \_\_\_\_\_

### 2. Emergency Contact

- 2.1 Emergency Contact Name : \_\_\_\_\_  
2.2 Relationship to You : \_\_\_\_\_  
2.3 Emergency Contact Number : \_\_\_\_\_

### 3. Membership Options [*Tick the appropriate option*]

- Monthly membership registration
- One Semester membership (4 months) registration
- Weekly (short term visitors)
- GYM
- Swimming
- Both (GYM & Swimming)

### 4. Centre Safety Rules

For the optimal delivery of services in the Centre and to prevent from risk and injury of users, the following rules shall be followed by all the registered users:

#### 4.1 GYM

- Inspect equipment before each use for loose, worn or frayed parts.
- Check that wire ropes are not frayed or kinked and that pulleys rotate freely.
- Report any problems with the equipment to Centre Manager or Centre Assistants.
- Visit to the Centre for work out with proper attire.
- Do not bring your gym bag or other personal belongings onto the fitness floor.
- Refrain from yelling, using profanity, banging weights and making loud sounds.
- Do not sit on the machines between sets.
- Re-rack weights and return all other equipment and accessories to their proper locations.
- Always lift and lower weights under control. Serious injury could result from lack of control, balance and form. Do not drop weights on the floor.
- Ask staff to show you how to operate equipment properly, so that others are not waiting as you figure it out.
- Do not bring food or drink inside the Centre, except water in appropriate water bottles.
- Stick to set time limits and schedule.
- Do not bring children in the Centre.
- Do not disturb others. Focus on your own workout and allow others to do the same.



Royal University of Bhutan

ཕུ་རེ་ཤེས་རིག་མཐོ་རིམ་སློབ་ཤྱི།

**PARO COLLEGE OF EDUCATION  
ROYAL UNIVERSITY OF BHUTAN  
PARO: BHUTAN**



#### 4.2 Lap Pool (Swimming)

- No running on the pool deck as it may lead to slips and falls, which can result in injuries.
- No diving is allowed as the pool depth is not adequate and may cause serious injuries, including head and neck injuries.
- Roughhousing, pushing, or any other form of horseplay in and around the pool area is strictly prohibited.
- Glass containers, including bottles, are not allowed in the pool area due to the risk of broken glass.
- Swimmers should wear appropriate swim attire, and street clothes are not allowed in the pool.
- Food and beverages are not allowed to consume on the pool deck, as spills can create slippery surfaces except drinking water.
- Swimmers should rinse off in the shower before entering the pool to remove lotions, oils, and other substances that can affect water quality.
- All your belonging must be kept in the designated space or wardrobe.
- Users should respect pool equipment and not tamper with or misuse it (floats, and other pool accessories).
- Individuals with contagious illnesses, open wounds, or infections are not allowed to use the pool.
- All the users must strictly follow the pool's operating schedule.
- A maximum capacity limit will be enforced to prevent overcrowding in the pool.

I have read and understood the Fitness Centre Rules and Guidelines.

I hereby acknowledge that I have voluntarily chosen to participate in the fitness programs. I understand that there are certain risks associated in the fitness program and agree to assume full responsibility for any injuries or damages that may occur during my participation.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Our team will process your registration and get back to you shortly. If you have any questions or need further assistance, please contact us at 17919256 or [pematshewang.pce@rub.edu.bt](mailto:pematshewang.pce@rub.edu.bt)