

THE HONG KONG UNIVERSITY OF SCIENCE AND TECHNOLOGY

Regulations Governing the Use of Indoor Sports Facilities

1. LG4 Fitness Center / TST Exercise Room & Exercise Zone

1.1 Opening hours: 07:00 - 22:00

1.2 Only eligible users of age 15 or above can use the fitness center and no guest will be allowed.

1.3 Here are the maximum capacity limits for each zone of the fitness center during every session.

Inner Room	58 users
Integrated Zone	44 users
TST Exercise Room & Exercise Zone	20 users

1.4 Walk-ins are allowed if the quotas for each zone are not full.

1.5 Equipment is not allowed to be brought outside the training zone while in use and must put back to its stand after use.

1.6 Lifting weights with a barbell without using collars is not allowed.

1.7 All equipment is for share use. Please be considerate and ready to share the equipment that you are using if someone is waiting.

2. Squash Courts

2.1 Opening hours: 08:00 - 22:00

2.2 No more than two players will be allowed in any court at one time except advance booking for club practice or team training.

2.3 No other ball games except squash can be played in the court.

2.4 Only non-marking ball is allowed.

2.5 Player is strongly advised not to wear glass spectacles. Suitable protection for eyes is strongly recommended.

3. S. H. Ho Sports Hall / TST Arena

3.1 Opening hours: 09:00 - 22:00

3.2 Courts reserved can only be used for designated game except special arrangement has been made.

- 3.3 Sports Hall/Arena is open for sports participation. For visitor, please use spectator area.
- 4. Table-tennis Room / Multi-purpose Room
 - 4.1 Opening hours: 08:00 - 22:00
 - 4.2 Room reserved can only be used for designated game except with prior approval from Sports Development of Dean of Students' Office.
- 5. Climbing Wall
 - 5.1 Opening hours: 08:00 - 22:00
 - 5.2 All eligible users of HKUST holding a recognized and valid sport climbing training level 2 certificates or above issued by the NSAs concerned, and accompanied by another person(s) with equivalent qualification or above may use the climbing walls. The recognized certificate must be sent to Facilities Manager for inspection in advance.
 - 5.3 Only one user is allowed to climb on each lane of the climbing wall at a time. He/She should always be assisted by another user as belayer for safety sake.
 - 5.4 Overseas certificates should be verified by the relevant NSAs in Hong Kong to be arranged by the users before using the facility.
 - 5.5 All users of the climbing wall must inspect their equipment and safety of the gear prior to use.

Jan. 2025
Dean of Students' Office