



KOWLOON BOWLING GREEN CLUB

8th May 2025

KBGC Fitness Room

The KBGC is excited to announce the opening of its Fitness Room, which will be available starting from **9th May 2025 (Friday)**.

Interested members are required to register as an Eligible User in advance to enter the room and use the equipment. Please find attached the details on the registration procedure and the sign-in procedure for your information. Please note that this facility is for members only and is not open to visitors.

An “**Application and Declaration Form**” is also enclosed herewith which must be duly completed, signed and returned to the Club Office for registration in advance.

A Fitness Introduction Class will be organized by the Club and it will be held on the 24th May 2025 (Saturday). For details, please see the poster below.

Thank you for your kind attention.

KBGC 健身室

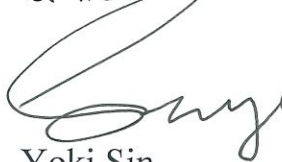
KBGC 健身室將於 2025 年 5 月 9 日 (星期五) 起正式開放。

所有有興趣使用 KBGC 健身室的會員必須預先向寫字樓登記成為「合資格健身室使用者」才能進入健身室並使用設備。相關登記及使用程序的詳細資訊請參閱附件。請注意，本項設施只供會員使用，暫不開放予訪客。

同時亦附上「健身室使用申請及聲明表」，必須妥善填寫、簽署並交回會所寫字樓以進行登記。

KBGC 將於 2025 年 5 月 24 日 (星期六) 舉辦「器械健體簡介班」。詳情請參閱下方海報。

感謝垂注


Yoki Sin
General Manager





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Fitness Room User – Registration and Sign-in Procedures

All individuals must register with the Office in advance as an “Eligible Fitness Room User” for the use of the Fitness Room.

Registration Procedure

Complete and return the Application and Declaration Form and attach a copy / proof of certification of one of the followings to the Club Office to become an eligible user.

1. Participants who have completed the "Briefing on Proper Ways to Use Fitness Equipment" and passed the assessment organised by LCSD;
2. Participants who have completed the "Fitness (Multi-gym) Training Courses" organised by LCSD from May 2006 onwards with 80% or higher attendance rate;
3. Holders of LCSD Fitness Gold Card;
4. Holders of equivalent qualifications recognized by the Physical Fitness Association of Hong Kong, China;
5. Written evidence to prove that the applicant has have received relevant training from other recognized organizations (include other fitness centres) or
6. Participants who have completed the "Fitness Introduction Class" and passed the assessment organised by KBGC.

Please note that the approval of application will be at the sole discretion of the Club Manager. Any appeal or dissatisfaction should be brought to the attention of the General Committee in writing.

Sign-in Procedures

Eligible Fitness Room Users are required to register and sign in at the Office (before 6pm) / Main Bar (after 6pm) each time they use the fitness room. After signing in, a fitness room door card to open the electronic lock on the door will be issued to the user and which is to be returned after use. HK\$200 will be charged to the account of the member for each unreturned or lost door card.

健身室使用者 – 登記及使用程序

所有使用 KBGC 健身室的人士必須預先向寫字樓登記成為「合資格健身室使用者」。

登記程序

於寫字樓辦公時間內填寫及交回「KBGC 健身室使用申請及聲明表」並附上以下其中一項資歷的副本證明，即可成為合資格使用者。

1. 曾參加康文署舉辦的「正確使用健身室設施簡介會」並通過測試；
2. 曾參加康文署由二零零六年五月或以後舉辦的「器械健體訓練班」出席率達八成或以上；
3. 持有康文署健體金卡；
4. 持有中國香港體適能總會認可相關資歷證明；
5. 由認可機構(包括其他健身中心等)發出的證明文件，以證明曾接受等同訓練。或
6. 曾參加 KBGC 舉辦的「器械健體簡介班」並通過測試。

申請批准與否由會所經理決定。任何上訴或不滿應以書面形式向執委會提出。

使用程序

「合資格健身室使用者」每次使用時，須於會所寫字樓（晚上 6 時前）/ 酒吧（晚上 6 時後）登記及簽到。簽到後將獲得一張健身室門卡，用於打開門上的電子鎖。健身室門卡須於使用後交還。如沒有交還或遺失門卡，本會將於會員帳戶內收取 \$200。



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Fitness Room – Application and Declaration Form

Applicant Name (English) : _____
Membership Number : _____
Contact Number : _____
Age : _____
Training Qualification : _____ year

Fee:

Members – free of charge

Fitness Room – Eligible User:

Individuals aged 16 or above with one of the following qualifications may register as a User of LCSD Fitness Rooms for hire of fitness equipment: -

1. Participants who have completed the "Briefing on Proper Ways to Use Fitness Equipment" and passed the assessment organized by LCSD;
2. Participants who have completed the "Fitness (Multi-gym) Training Courses" organized by LCSD from May 2006 onwards with 80% or higher attendance rate;
3. Holders of LCSD Fitness Gold Card;
4. Holders of equivalent qualifications recognized by the Physical Fitness Association of Hong Kong, China;
5. Written evidence to prove that the applicant has have received relevant training from other recognized organizations (include other fitness centres) or
6. Participants who have completed the "Fitness Introduction Class" and passed the assessment organized by KBGC.

Please note that the approval of application will be at the sole discretion of the Club Manager. Any appeal or dissatisfaction should be brought to the attention of the General Committee in writing.

Fitness Room – Rules & Regulations:

1. Daily opening hours are from 10:00 a.m. to 9:00 p.m.
2. Each individual is entitled to use the room for 2 hours and can continue to use it if there are vacancies. Fitness Room can accommodate up to 9 people at any one time.
3. All users must register with the Office in advance as an "Eligible Fitness Room User" for the use for the Fitness Room.
4. All users are responsible for obtaining their own safety training before using any equipment in the gym. They are hereby notified that the use of any equipment in the gym is entirely at their own risk. The Club cannot be held responsible for any injury caused by use of the gym equipment.
5. Eligible Fitness Room Users are required to register and sign in at the Office (before 6pm) / Main Bar (after 6pm) each time they use the fitness room. After signing in, a fitness room door card to open the electronic lock on the door will be issued to the user and which is to be returned after use. HK\$200 will be charged to the account of the member for each unreturned or lost door card.
6. Persons aged 16 or below are not allowed inside the Gymnasium or to use any equipment. Guests are not allowed in the gym.
7. Before beginning any exercise programme, users are advised to consult their doctors or relevant professionals in order to avoid personal injury or death.
8. Users with high blood pressure, heart problems, other medical conditions or under the influence of alcohol, medications or drugs should not use the Gymnasium.



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9. Users should stop exercise immediately if he/she has any symptoms of dizziness, chest pain, nausea, abnormal breathing, feeling uncomfortable or continuous soreness of certain muscle/joint etc.
10. All equipment used in the Gymnasium will have appropriate instructions for use displayed on or near the apparatus. These instructions must be strictly adhered to in the interest of safety.
11. Users must wear appropriate or suitable sportswear and non-staining rubber-soled sports shoes. No leather-soled shoes are permitted.
12. Radios and other sound or electronic equipment (except for headphone/earphone types) are not allowed to be operated in the Gymnasium.
13. The use of equipment in the gymnasium will be on a first-come, first-served basis. Users are requested to limit their session on an equipment to 30 minutes if someone is waiting to use it.
14. Please be considerate and use a towel to wipe down the machine after use. Please return equipment to its original position ready for the next user.
15. Observers should stand clear of any equipment in use. Failure to do so may cause injury to the observer and/or exerciser.
16. No eating, drinking, smoking, spitting or littering is allowed inside the room.
17. Fitness Assessment and personal fitness training services must be arranged with instructors approved and appointed by the Club only.
18. Users shall be held wholly responsible for all damage/loss/mess and the cost of repair/replacement/cleaning in respect of the Gymnasium and its equipment.
19. Users shall comply with the instructions given by the Club General Manager. The Club General Manager reserves the right to refuse admittance of any person who breaches any of the rules, misbehave or causes nuisance or danger to other Clubhouse users.
20. The Club reserves the right to amend the rules and regulations without prior notice.
21. The Club reserves the right to suspend the use of the Gymnasium at its absolute discretion without prior notice.
22. Users shall be solely responsible for their own safety and personal belongings. The Club and its staffs shall not be responsible for any loss, death, injury or damage arising out of or in connection with using the facilities.

Declaration

I hereby declare that I am in good health and physical condition and am suitable to participate in self-exercise fitness activities.

I fulfill one of the qualifications of eligible user as stated above and hereby enclosed a copy/proof of certification. I understand that by participating in weight training, there are risks of injury, death and / or loss. I am doing exercise entirely at my own risk and responsibility.

I hereby discharge the Kowloon Bowling Green Club and any other individual from any responsibility and/or liability of my injury, death or loss of property incurred during, as consequence of or while travelling to or from the fitness room.

Meanwhile, I have read, understood and agreed to the above fitness room rules and regulations.

Signature of Applicant: _____

Date: _____

Name in full: _____

Membership No: _____



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健身室使用申請及聲明表

申請人姓名 (中文) : _____
會員編號 : _____
聯絡電話 : _____
年齡 : _____
健身經驗及資歷 : _____ 年

收費:

會員 — 免費

健身室合資格使用者:

凡年滿 16 歲或以上具備下列其中一項資歷的人士，可獲登記為 KBGC 健身室使用者，自行使用健身室設施：

1. 曾參加康文署舉辦的「正確使用健身室設施簡介會」並通過測試；
2. 曾參加康文署由二零零六年五月或以後舉辦的「器械健體訓練班」出席率達八成或以上；
3. 持有康文署健體金卡
4. 持有中國香港體適能總會認可相關資歷證明；
5. 由認可機構〔包括其他健身中心等〕發出的證明文件，以證明曾接受等同訓練。或
6. 曾參加 KBGC 舉辦的「器械健體簡介班」並通過測試。

申請批准與否由會所經理決定。任何上訴或不滿應以書面形式向執委會提出。

健身室使用守則:

1. 開放時間為每日早上十時至晚上九時。
2. 每人每次可使用健身室 2 小時，如有空位可繼續使用。場地最多可同時容納 9 人。
3. 所有使用 KBGC 健身室的人士必須預先向寫字樓登記成為「合資格健身室使用者」。
4. 所有健身室使用者有責任在使用健身房內的任何設備之前接受自己的安全訓練。特此通知會員，使用健身房內任何設備的風險完全由會員自行承擔。本會對使用健身器材而造成的任何傷害不承擔任何責任。
5. 「合資格健身室使用者」每次使用時，須於會所寫字樓（晚上 6 時前）/ 酒吧（晚上 6 時後）登記及簽到。簽到後將獲得一張健身室門卡，用於打開門上的電子鎖。健身室門卡須於使用後交還。如沒有交還或遺失門卡，本會將於會員帳戶內收取 \$200。
6. 16 歲或以下人士不得進入健身室或使用任何器材。訪客不得進入健身室。
7. 健身前，用戶應諮詢醫生或其他專業人士意見，以免引致個人受傷或死亡。
8. 患有高血壓、心臟病、其他疾病或受酒精、藥物或毒品影響的人士，切勿使用健身室內所有設施。
9. 若出現暈眩、胸痛、作嘔、呼吸異常、感覺不適或肌肉及關節持續疼痛等症狀，應立刻停止活動。
10. 健身室內各項器材均已於其附近位置貼上使用指引。為確保安全，健身人士必須遵守有關使用指引，同時切勿高估本身體力或能力。
11. 使用人士必須穿著合適的運動服裝及不會造成鞋印的運動鞋，不得穿著皮鞋。



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12. 不得在健身室內使用收音機或其他音響設備【附耳筒除外】。
13. 健身室內所有器材乃採取先到先得制。若有任何人士正在等候，每項健身器材使用上限時間為三十分鐘。
14. 為他人著想，請用毛巾清潔使用過的器材，再把器材妥善而安全地放回原處，以便下位使用。
15. 旁觀者應遠離任何正在使用中之健身器材，否則有可能引致閣下或其他人士受傷。
16. 場內嚴禁飲食、吸煙、隨地吐痰及亂拋垃圾。
17. 除本會所認可及委任之健身教練外，任何人士均不得在會所內提供任何體質測試及個人健身訓練課程。
18. 場地及場內一切設施及器材若有任何損毀/遺失/弄污等，使用者須負全責，並須繳付有關維修/更換/清潔費用。
19. 使用者必須遵守管理本會職員之指示。本會有權拒絕任何違反上述守則、行為不當或騷擾或危害其他會所使用者的人士進入。
20. 本會保留隨時更改上述守則之權利而無須預先另行通知。
21. 本會保留隨時暫停開放健身室之權利而無須預先另行通知。
22. 使用人士應對自己的安全及個人物品負全部責任。任何人士使用本設施時，引致或造成任何損失、死亡、損傷或損毀，本會概不負責。

聲明

謹此聲明本人的健康及體能良好，適宜參加自行練習健體活動。

本人具備上述「健身室合資格使用者」資歷，並特此附上證明副本。本人確認知悉參加此項運動的危險，並願意承擔自身之意外風險及責任。

本人特此免除九龍草地滾球場會及任何其他個人對於本人在往返健身室期間、因健身而導致或造成的受傷、死亡或財產損失的任何責任及/或義務。

同時，本人已閱讀、明白及同意以上的健身室使用守則。

申請人簽署： _____

日期： _____

申請人全名： _____

會員編號： _____