

Gym General Guidelines

体育馆通用规定

1. **Membership Required** 需有会员资格
Only registered DCCS members are allowed to use the gym. Non-members are strictly prohibited from using the facility.
仅限已注册的DCCS会员使用体育馆。非会员严禁使用场地。
2. **Respect the Facility** 尊重场地
All users must treat the gym, its equipment, and property with care. Any damage to the facility or equipment must be reported immediately to the DCCS administration.
所有人需爱护体育馆及其设备。如有损坏, 需立即报告学校管理人员。
3. **Follow Scheduled Hours** 遵守使用时间
Only use the gym during the allocated hours on Sundays as approved by the school district. Early entry or extended use is not permitted.
仅限经校区批准的范围内使用体育馆, 不得提前或超时使用。
4. **Cleanliness and Organization** 保持清洁和整齐
Ensure the gym is clean and tidy after use. Remove all personal belongings and trash before leaving.
使用结束后请保持体育馆整洁, 清理个人物品及垃圾。
5. **Prohibited Items** 禁止物品
 - No food, beverages, or chewing gum is allowed in the gym (except for water).
 - Do not bring any sharp objects or items that could damage the floor.
 - 体育馆内禁止携带食品、饮料及口香糖(纯净水除外)。
 - 禁止携带尖锐物品或可能损坏地板的物品。
6. **Proper Footwear** 合适的鞋类
Only non-marking athletic shoes are allowed in the gym. Shoes with black soles or that leave marks are strictly prohibited.
仅允许穿着防滑运动鞋进入体育馆。严禁穿着会留下黑色痕迹的鞋类。
7. **Supervision and Safety** 监督与安全
 - Students must be supervised by teachers or school-approved adults at all times while using the gym.
 - No running, roughhousing, or engaging in unsafe activities is allowed.
 - Report any injuries or emergencies immediately to the supervisor.
 - 学生使用体育馆时必须由老师或经批准的成年人监督。
 - 禁止奔跑、打闹或进行危险活动。
 - 如有受伤或紧急情况, 需立即报告监督人员。
8. **Respect Other Users** 尊重其他使用者
Share the space and respect others who are using the facility. Do not monopolize equipment or court space.
需与他人共享场地, 尊重其他使用者。禁止独占设备或场地。
9. **Equipment Usage** 设备使用
 - Only use gym equipment provided or approved by DCCS.

- Do not move or rearrange school equipment or furniture without permission.
仅使用学校提供或批准的设备。未经允许不得移动或重新布置学校设备或家具。

10. **Non-Compliance** 后果

Any violation of these rules may result in the individual or group being restricted or banned from using the gym in the future.

如违反上述守则，相关个人或团体可能被限制或禁止使用体育馆。