

SPARC General Rules & Regulations for All Areas

General Rules

- SPARC will be open year round with the exception of possible closings or reduced hours on public holidays or unless otherwise decided by Management.
- SPARC may also be closed for general maintenance or structural improvements of the facilities. This does not include emergency situations for which the SPARC may be fully or partially closed
- SPARC may, from time to time and without prior notice, change the operating hours, close all or certain facilities temporarily, restrict the number of persons having access, and/or suspend or cancel any activity if management considers the circumstances require.
- The obligation to pay dues is not dependent upon the availability of the SPARC facilities. Repairs, maintenance, safety or special events may require the restriction of use or closing of various areas from time to time. Dues will not be reduced or suspended during the time when such facilities are not available.
- To use SPARC sports or recreation facilities, you must be a member in good standing or an invited guest of a member in good standing. Membership cards will be issued for all members and must be: a) used to gain access to both indoor and outdoor sports areas; b) referred to by number when making court reservations or transactions. To replace a lost membership card, there will be a Rs 500 fee (replacement card requests for children/teens must come from a parent/adult).
- All members and guests must check in at the front desk of the SPARC Entrance Building. Membership cards are required to enter the premises and must be scanned with each visit.
- All children under the age of 14 must be accompanied by an adult 18+ at all times.
- Accompanying parents of SPARC Athletes have to abide to the rules and regulations of SPARC at all times.
- SPARC reserves the right to revoke any membership at any time for conduct contrary to the best interest of the centre and its members.
- Members, families, guests, spectators and users shall abide by all policies of SPARC, which may also be amended from time to time.
- Instructions from SPARC staff must be followed at all times.
- If any member suffers an accident or injury whilst on the premises, it and its circumstances must be reported immediately to the duty administration.
- Users shall promptly report to a Staff any defect noted in the operation of any equipment and/or facilities.
- Management will not be responsible for any harm you may suffer as a result of taking part in any activity on our premises in any areas unless it is caused by our negligence.
- It is expressly agreed that all use of the SPARC facilities shall be undertaken at the member's sole risk, and SPARC shall not be liable for injuries or damages to members or guests, including, without limitation, those injuries or damages resulting from acts of active or passive negligence on the part of SPARC, its owners, officers, employees or agents. Each member, for himself/herself and family members, and on behalf of his/her executors, administrators and assigns, expressly releases and forever discharges SPARC, its successors and assigns, as well as its owners, officers, employees and agents, from all such claims, injuries, damages, actions or causes of action.
- It is further agreed that SPARC shall not be responsible or liable to any member(s) or guests for articles lost or stolen on the premises, or for loss or damage to any other property of members or guests, including their automobiles and the contents thereof
- If any member (or other user) suffers an accident or injury whilst on the premises, it, and its circumstances must be reported immediately to Staff.

- SPARC will not tolerate violence or threats of violence including, but not limited to: any act of physical assault, verbal assault, threats and attempts to intimidate, throwing of articles in a deliberate or aggressive manner, aggressively approaching another individual, striking another individual, attempting to goad or incite violence in others. Those demonstrating inappropriate behaviour or language will be declined entry or be asked to leave and may result in the cancellation of membership and/or banishment from the facility and/or reporting to the relevant authorities.
- Food is not permitted in the following spaces: Pool, Fitness Centre, Health Centre, Tennis courts and pitches. No outside drinks or food allowed on the premises.
- Dogs or other pets are not permitted at the facility.
- Firearms and all other weapons of any kind are not permitted on the property at any time.
- Smoking of any kind, electronic/vapour included, is prohibited on the premises.
- The consumption of drugs is prohibited.
- You may not use the facilities whilst under the influence of alcohol, narcotics, tranquilizers or any medication or other substance which may affect your ability to exercise safely. Sparc reserves the right to remove you from the premises if it reasonable believes you are unfit to use the facilities.
- Commercial advertisements shall not be posted or circulated in the facility nor shall solicitations of any kind be made.
- All complaints, criticisms or suggestions of any kind relating to any of the operations of the facility or its employees must be in writing, signed and addressed to the Manager and not shared through any media platform without expressed intent addressed to the Management.
- In the event of a fire, all members, players and guests should make their way calmly to the nearest exit of buildings and gather at the "Fire Evacuation" locations marked on the maps located near the Entrance building and/or follow instructions from the SPARC team.
- Acknowledges that he/she has read the 'Rules and Regulations' and all 'Disclaimers', and is aware of the security measures to be complied with at all times.
- SPARC staff may photograph, film, video or otherwise reproduce the image and/or voice of any person who enters the premises and use the same for any purpose without payment to any person.

SPARC Events or Competitions

- Players, Spectators, Organisers and Officials are responsible for themselves and their property, and SPARC is not liable for loss, damage or ill health caused by actions carried out.
- All Rules & Regulations are applicable to any users, members, visitors or guests, who enter the premises for events, competitions or otherwise. It is a condition of entry that implies that all users agree to the Rules and Regulations set by SPARC.

Entry & Reception Desk

- All members and guests must check-in at the front desk located at the main entrance and present their membership cards and/or any other identification document that are required to enter the club.
- Membership cards must be scanned with each visit. Our staff will ask you for a proof of identity; this ensures that you and all other members are completely verified when they enter the premises.
- Lost membership cards must be replaced for an administrative fee.
- Membership cards are not transferable and are valid for the named member only.

- For your own protection and future use of our facility, DO NOT share your Access Card or barcode number. Sharing of ACCESS CARDS or BARCODES may result in immediate suspension of facility access.
- Guests are welcome but must always be accompanied by a member and must sign in at reception at the time of paying the guest fee. The host member is responsible for the guest's conduct whilst visiting the club and for any unpaid guest's fees.
- Members wishing to use facilities outside their particular membership's permitted hours may do so but will be charged accordingly.
- A team representative must come to reception to sign in before using any facility that is booked for a group.
- No games are permitted to take place unless the facilities on which the said games will be performed have been pre-booked.
- Reservations are non-transferable.
- Should a member fails to present himself/herself for his/her reservation three consecutive times in a time frame of a month, without prior notification, management reserves the right not to engage in further reservation for that member unless he/she reserves while being on site.

Clubhouse

- No food or beverages can be brought onto SPARC premises with the exception of baby food. Food and beverages consumed on Club premises shall be purchased from the Clubhouse.
- No alcoholic beverages can be consumed by or sold to minors. The Club abides by liquor laws and maintains an alcohol awareness program. Alcoholic beverages may not be brought onto or taken from the Clubhouse premises.
- The Clubhouse and Management staff reserve the rights to stop serving alcohol to any member should the circumstances be deemed fit for application of that decision.
- For special event reservations, call SPARC. Also, members may check the newsletter or website for events which may restrict availability.
- Members may make lunch or dinner reservations for small groups or special occasions by calling SPARC and specifying the number and the details of the members and guests.
- Minors are not permitted to sit at the bar as applicable by law
- Casual attire, including tennis clothes, may be worn in the bar and grill. Please be considerate of the furniture – dry clothes only. Shirts or cover-ups and shoes must be worn at all times. (Muscle shirts/men's tank tops are not permitted)
- Users are requested to minimise noise levels in the clubhouse, including during the use of cell phones.

5-a-Side

- Users must show consideration for other people on the premises. Management will not tolerate rude or abusive language or the threat or use of violence towards other guests or its staff.
- Wearing shin pads is recommended at all the times during the game.
- Jewellery must be removed or taped up during matches.
- Footwear must be either: soft rubber boots, astro-boots or trainers. Under no circumstances are blades or screw in studs permitted on the pitches.
- 5-a-Side football is a vigorous sport and players and their guests should only undertake the activity to a level which reflects their level of fitness.

- Players are responsible for monitoring their own condition during play.
- Absolutely no smoking permitted on pitches. This will result in a full ban for that user.
- Should there be any issues arising from the use of the premises, the users have the responsibility to report immediately to SPARC management team.
- Management reserves the right of access to the facilities

Football & Rugby Grounds

Football/Rugby Rules

- Instructions of SPARC staff regarding usage must be followed at all times. This includes instructions due to weather and turf degradation.
- Players must not bang their boots against walls or pavements.
- Washing of boots inside the change rooms is not allowed. Training boots are to be removed prior to entering the change rooms for hygienic and cleanliness reasons.
- Where portable goals are in use, users will be responsible for ensuring the equipment is correctly assembled. Under no circumstance will SPARC be held liable for any misuse of equipment.
- If either team has objections about the ground or the way it is marked out they must tell the referee before the match starts.
- The referee will attempt to resolve the issues but must not start a match if any part of the ground is considered to be dangerous.
- Players are responsible for monitoring their own condition during play.
- Should there be any issues arising from the use of the premises, the users have the responsibility to report immediately to SPARC management team.
- Management reserves the right of access to the facilities

Fitness Centre / Fitness Centre

- Re-rack your plates and your dumbbells.
- Wipe sweat off the machines you use.
- Children aged 15 years plus may use the gym but must complete an induction with a staff gym instructor before starting. Children aged 13 & 14 years may use the gym accompanied by their legal guardian and must also complete an induction with a staff gym instructor. Children aged 12 years and under are not permitted in the main weights room unless with a Sparc coach. Classes for children are exempt.
- If you aren't sure how something works, ask a staff team member.
- No kettlebell swinging, burpees or jumping rope in the main room.
- If someone asks to work in with you on a machine, be considerate and allow them to when possible.
- Everyone must use a towel along with you as you lift. Put it on benches, wipe your bikes etc.
- Don't slam the weights on the floor.
- Refrain from doing excessive noise while exercising by respect for the other gym users.
- Do not perform dangerous exercises in high traffic areas and/or without the supervision of a gym instructor
- Use of cell phone is not allowed on the gym premises.
- Foul language will not be tolerated.
- Please follow the specific guidelines set forth for each class by the gym instructors.

- Please refrain from conversing during class as it is distracting for fellow class members and your instructor
- Members and guests should report all equipment malfunctions and specific concerns immediately to the gym staff.
- Members must use safety bars when using the Hammer Strength squat racks, leg press and Smith machines. Set the safety bars about one inch lower than your lowest movement with the bar.
- For safety reasons, bags are not permitted onto the gym floor and correct attire must be worn when exercising i.e. suitable comfortable exercise clothing and appropriate footwear. Clothing such as jeans, boots, flip-flops/sandals or work wear are not permitted. Any member not wearing suitable attire may be asked to leave the gym.
- Management reserves the right of access to the facilities

Swimming Pool

- All rules and requests made by lifesavers and staff must be followed at all times.
- All swimmers should vacate the swimming pools promptly when signalled to do so by the pool staff.
- Children under 11 years old must be accompanied closely by a parent or responsible person (18 years plus) who is in a swim suit at all times including in the water, on the pool deck. While in the water, the parent/responsible person must remain within arm's reach at all times. With a maximum ratio 2 children: 1 Adult.
- Children under 11 years old participating in swim lessons or squad training must have a parent nearby and must be supervised by a parent before and after the lesson from pool deck.
- All swimmers must shower before entering the pool. Remove any hair products & makeup.
- Persons with open cuts, sores, bandages, colds, coughs or infected eyes are not permitted in the pool.
- All children under the age of 4 years old must wear a waterproof diaper/nappy and a swim suit regardless of toilet training. No cloth or disposable diapers are allowed.
- Persons in the water must wear acceptable swim suits. T-shirts are not allowed. A tight fitting rash guard is acceptable.
- Persons under the influence of alcohol will be denied admission and/or asked to leave the premises.
- The pool depth is 1.35m in the shallow end and 2.0m in the deep end. The deep end is the end closest to the change rooms. Swimmers should always ensure they are safe and swim appropriately.
- No running on the poolside at any time.
- No diving is permitted at any time during public swimming sessions.
- No jumping into the pool allowed at any time during public swimming sessions.
- No bombing, somersaults etc. are permitted at any time.
- No pushing of fellow swimmers into the pool at any time.
- No petting or inappropriate/offensive behaviour permitted in the pool at any time.
- Persons under the influence of alcohol or drugs will not be permitted to use the facility.
- Weak/non-swimmers should always remain inside their depth while swimming and follow directions from the lifeguard.
- No ball games are permitted in the pool at any time during public swimming sessions.
- Do not engage the lifeguard in unnecessary conversation.
- Emergency procedures must be observed. Swimmers must leave the pool area immediately upon the signal or request of the Pool Staff.

- Swimmers are not permitted to swim long distances under water or practise long breath holding. Likewise swimmers may not repeatedly duck under water as this could result in causing Hyperventilation.
- **Users are requested to walk at all times and should never run on the pool premises**

Tennis Courts

- Children under the age of 12 must be accompanied by an adult
- Do not abuse net or other equipment
- Please lock gate when finished playing
- Parents bringing children with them while they play tennis are responsible for properly supervising their children. Noisy, unruly behaviour is a disturbance to others and should be controlled.
- Playing on the courts without non-marking soled tennis shoes is forbidden.
- Reservation of a tennis court is limited to a maximum of 2 hours for a maximum of four users on any given day
- All players must have a partner to use a court.
- Players waiting to use a court must indicate in some clear way to those using the courts that they are waiting to use the court.
- No individual, group, club, or organisation shall occupy tennis courts for tournament play without written permission from SPARC.
- Tennis court reservations shall not be permitted to individuals, groups, associations, clubs, or organizations desiring such use for “private gain”, which term is defined and herein to mean use of the principal purpose of making a profit not pledged to be devoted to public uses.

Toilets & Change Rooms

- For hygienic and considerate reasons, members and users are requested to keep the toilets and changing rooms clean after use.
- Members with children please note that boys 6 years old & under may use the allocated changing room on the Female side if accompanied by a Female and likewise girls 6 years old & under may use the allocated male changing room if accompanied by a male. No child is to be left unattended. The individual Disabled Toilet rooms may alternatively be used for family change rooms when required.
- For the privacy of everyone, the use of audio or visual recording devices, including a cell phone camera, is PROHIBITED in changing areas, rest rooms or locker rooms.
- All members and guests may use a locker based on availability.
- All property must be removed from lockers immediately following your activity.
- Lockers are for single day-use only. Items will be removed each night.
- Towels are available for rent at the Entrance building in exchange for photo ID and we ask that they be returned to basket in the Entrance building when finished.
- Anyone found vandalising or damaging change rooms is subject to disciplinary action and will be held financially responsible.

Parking

- Vehicles and their contents are left at the owners' own risk. We do not accept responsibility for any loss or damage to vehicles or their contents.
- We are not responsible for any damages caused by fire, theft or any other cause whatsoever.