

SPORTS & RECREATION ROOM (REC) GUIDELINE FOR ALUMNI

The utilization of REC facilities and services is one of the benefits that RMIT Vietnam offers to its alumni.

1. REC membership fee for alumni

In Hanoi, all REC facilities and services are offered free of charge to RMIT alumni, with extra registration fee for selected exercise classes.

2. Booking

In Hanoi, RMIT alumni are required to book by every Thursday to secure their access to REC facilities and services for the following week.

The weekly booking form will be posted every Monday on:

- ✓ Pin board outside REC Room
- ✓ Facebook RMIT Vietnam Student Life HN – Sports & Rec

An email from REC officer will be sent on every Friday, informing whether your booking requests are accepted or declined. In case your booking requests are declined, we will contact you on the same day to advise other remaining time slots and finalize if you agree.

3. Benefits

RMIT alumni can access the below REC facilities and services:

3.1. REC facilities:

Facility	Venue	Note
Indoor REC Room (a multi-function room with interactive fitness bikes, “on demand” group exercise classes and functional fitness training equipment)	Level 5 (1.5.001)	Booking in advance to REC officer at student.lifehn@rmit.edu.vn
Outdoor Basketball Court	73 Van Bao	
Outdoor Football Pitch	69 Hoang Cau	

3.2. REC services

- ✓ Towel
- ✓ Lockers
- ✓ Changing room
- ✓ Showers on Level 5 (women), Level 6 (men) and Level 7 (unisex)
- ✓ Facility booking
- ✓ Events support and management
- ✓ Sports & fitness programs (extra registration fee may apply)

3.3. REC operation hours

- ✓ Mondays to Fridays: 9am – 6pm
- ✓ Weekends: closed
- ✓ University/public holidays: closed

3.4. REC contact details:

- ✓ Location: Room 1.5.001
- ✓ Email: student.lifehn@rmit.edu.vn
- ✓ Facebook page: <https://www.facebook.com/sportrecremthn/>

4. REC rules & regulations

4.1. General rules

- ✓ Bring and display your ID at all times.
- ✓ You cannot bring visitors to REC.
- ✓ Except drinking water, food is not allowed in REC.
- ✓ Sleeping, gambling, smoking, consuming drugs and/or alcohol beverages, and all inappropriate activities are not allowed in REC.

4.2. Use of gym facilities:

- ✓ Dumbbells, kettlebells and TRX must be operated on floor mat area for your safety and to avoid damages.
- ✓ If you find any damages or problems with facilities, stop using and inform REC officer immediately.
- ✓ Please re-rack the equipment and put used towels into bin after training.

4.3. Use of lockers:

- ✓ REC lockers are only available to use in your training time.
- ✓ Unknown objects will be moved to Lost & Found Area in Property Department.
- ✓ Consider before putting valuable personal belongings into lockers. REC will not take responsibility for any asset lost or damages.