



澳門氹仔偉龍馬路

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MUST/22/066/SA/N

通告 J座健身室重新開放

致全體學生/教職員：

茲通知J座 J216 健身室於8月5日起重新開放，開放時間及使用辦法詳見下表。使用者需遵守大學場地使用守則。

活動設施	位置	開放時間	使用辦法
健身室	J座體育館 J216 室	週一至週日 9:00 – 21:00	攜帶學生證/職員證 穿合適服裝及運動 鞋前往

1. 須帶備學生證/職員證，以作進場時登記使用；進場時須在J座一樓前台進行登記並測量體溫。
2. 任何時候發現自身出現發熱(體溫高於或等於 37.5 度)、急性咳喇等不適，應戴上口罩及早就醫並暫緩健身訓練。
3. 使用時應注意個人衛生，打噴嚏或咳嗽時應用紙巾或衣衫遮掩口鼻等。
4. 使用任何器材前需做好熱身運動，並先閱讀器材上的指引，按自己的身體狀況適當地鍛煉，使用健身器材時必需注意安全。
5. 訓練時如有任何不適，包括胸口陣痛、關節及肌肉痛、暈眩、噁心、呼吸困難等，請立即停止訓練。
6. 如遇上緊急情況，可按健身室內的警報鈴求助。

(以上資訊如有更改，以最新公佈為準)

特此通告

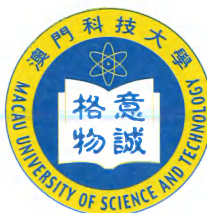


2022年8月4日



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Notice

Block J: Gymnasium Room's trail period

To all student/staff :

We are pleased to announce the Gymnasium room J216 of Block J will open from 5th August, the opening hours are as follows. User need to comply with regulations of using the venue.

Facilities	Location	Opening hours	Requirements
Gymnasium Room	Block J Gymnasium room J216	Mondays to Sundays 9:00 – 21:00	Should be with sportswear, sports shoes and student/staff card

1. Please bring your student/staff card, you need to check in and measuring body temperature before enter the Gymnasium Room at the Block J reception.
2. Please stop training, wearing mask and consult the doctor if you have fever (body's temperature over 37.5°C) and constant coughing.
3. Maintain good personal hygiene and cover your nose and mouth with tissue paper or clothes when sneezing or coughing.
4. Warm up and read the guide line before use the fitness equipment. Please pay attention to safety when you use the equipment.
5. If you have any discomfort during training, including chest pains, joint and muscle pain, dizziness, nausea, breathing difficulties, please stop training immediately.
6. If you have any emergency, please press the alarm for help.

(If any of the above information changes, the latest version should prevail.)

Student Affairs Office

2022/8/4

