

The title "SPORTS COMPLEX" is written in a large, bold, italicized font. The letters are filled with a complex, multi-colored pattern of organic shapes in shades of teal, yellow, and black. The text is set against a solid black background.

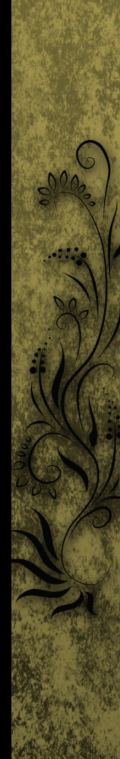
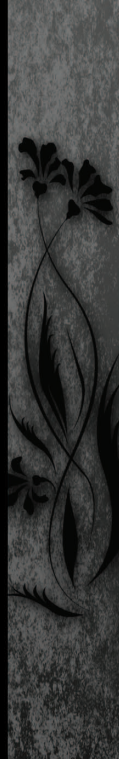
The sports complex at NCBS provides free and easy access to sports and gym facilities to everyone at NCBS. The swimming pool, gym, badminton, squash, table tennis, foosball, carrom, darts, climbing wall and chess facilities ensure that this functions as a fully featured recreational centre. Football, cricket, tennis, volleyball and basketball facilities are also available in the outdoor areas. A large TV room brings all the sports fans together to cheer on their favourite teams.

As with any good sporting facility, ours requires care and maintenance to function properly. To this end, we have a team of personnel to manage the sports complex. Together with them, we have formulated a set of rules governing the day-to-day activities of the sports complex. Please adhere to these guidelines and be considerate of the suggestions of official personnel. Rules for each individual sporting section are outlined in the booklet. Please speak up if you find anyone violating the enlisted rules and guidelines.

The sports complex reception staff is here to assist you. They will have details of activities like the aerobics classes and dance classes that take place on specified days. Towels, swimming gear like kick pads and pool buoys can be issued from them. Items like swimming costumes, badminton shuttlecocks, table-tennis balls and other sports accessories are available for sale at the reception. A first-aid kit and an ambulance are also available on campus in case of emergencies.

You can send us your suggestions or complaints at sports@ncbs.res.in or write at our blog (ncbs.res.in/blog). You can also contact the concerned sport's committee members. The names, lab numbers and contact numbers of the committee members will be displayed on the notice board outside the sports facility.

For enquiries or clarifications, please contact Mr. Baba Saheb or Mr. Kumar stationed at the sports complex front desk (6099).





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USER POLICIES

- *Anyone with a magnetic strip on their NCBS ID card can use the facility.*
- *Those eligible for such an NCBS ID card include (but are not necessarily limited to): staff, faculty, students, JRFs, postdocs and summer students. Family members of all of these, except summer students, can also get an access card.*
- *All members and their immediate family will be issued ID cards with a magnetic strip that encodes an expiry date. These cards are issued on application to the administration.*
- *Please swipe your card on the electronic reader at the entrance of the sports complex; and then key in the main facility you plan to use (pool, gym, badminton, squash, table tennis, etc). While swiping the card ensures a legitimate use of the facility, specifying the facility enables us to keep track of the demand for each facility which is useful for future planning.*
- *If you do not have an NCBS ID card nor a sports access card, you can enter only as someone's guest. This applies even if you have an ID card, but have forgotten to bring it. If you are a guest, you must always be accompanied by a host (NCBS ID card owner).*

USER POLICIES

- *Hosts must enter their names, and the names of their guests, in the register provided. Hosts can take in multiple guests at a time, but must accompany them; and hosts are **RESPONSIBLE** for the behavior of their guests.*
- *At the entrance to the complex is a **Key register**, in which you must make an entry if you want to use a locker temporarily. Keys are with the sports complex in-charge (Mr. Babasaheb or Mr. Kumar).*
- *Each facility within the complex will have a separate committee, which will decide rules specific to that facility. Please read all of the **relevant rules** before using any of the facilities. These rules are also posted on the intranet sports blog.*
- *When on wooden courts, users must wear shoes with **non-marking soles**.*
- *The sports complex will be closed for use from **12 midnight to 6 am**. Individual facilities may have more restricted timings.*
- *If you or your guests violate the rules of the overall facility, or of the individual sports, you are liable to being **barred** from using the facility for a certain period of time.*

GUEST POLICIES

- *Who is a guest:* Any "non-members" (not holding a NCBS identity card) may be brought in as Guests. Members of your immediate family (spouse, children) are not guests; they will be issued an access card. Please contact Mr. Ashok Rao for this.
- *Guests must be accompanied:* While using the sports facility, all guests have to be accompanied by a host (someone with an NCBS ID card). This does not apply to those with Access Cards (below).
- *Guest entry to the complex:* Both guest and host should make an entry in the guest register kept at the entrance of the sports complex. This does not apply to those with Access Cards (below).
- *Access Cards:* Those staying for in the guest house on campus, regardless of whether they are official or personal guests, can pick up an access card from the guest house reception. Each individual must have a separate access card, and swipe it on the card reader at the entrance to the complex. If you have an access card, you need not be accompanied by a host, nor do you have to enter your name in the guest register. Access cards must be returned on check-out.

GUEST POLICIES

- *Guest Conduct:* Hosts are responsible for the conduct of their guests and should ensure that they understand and abide by the Sports Complex rules.
- *Use your judgment:* If a particular facility is being heavily used, do not bring more guests who in turn will crowd it further. Please use your discretion to ensure the smooth functioning of the facility!



LOCKER POLICIES

- *Some of the lockers in each changing room (male and female) will be kept open for temporary usage. This set of lockers will be kept unlocked and users may use them as a storage space on a daily basis while using the sports complex facilities.*
- *The remaining lockers will be issued for six-month duration by lottery. Every six months, these lockers would be put up for lottery again.*
- *If you lose the locker key, you will be charged Rs.500 as replacement cost of the lock.*



SWIMMING POOL

The swimming pool in the NCBS sports facility can be accessed on every day of the week, except Monday, from 7.30 AM to 8PM. On Mondays, the pool is accessible from 3 PM to 8 PM. Users can avail the facility of a swimming coach too. Please contact the sports complex manager for more details about the same.

The following rules have to be followed if you are using the Swimming pool. The goals of these rules are SAFETY and HYGIENE.

SAFETY

- No children below 3 years of age.*
- All children under 10 years or 4 feet height must be accompanied by a parent* who is in the pool with them.*
- No running, pushing or diving*
- No playing with hard objects in the pool. Rubber ducks are OK in kids pool.*
- No dangerous play, such as ducking.*
- No swimming in an intoxicated state.*

**Parent or one responsible adult family member per child. Other people may not fill in for parents unless the pool committee has agreed in writing. Specifically, whoever is responsible must be able to discipline the child.*

SWIMMING POOL

HYGIENE

- *Showers before entering the pool. Use the showers next to the pool, not the ones downstairs.*
- *Do not swim if you are sick or have skin infections.*
- *No children who are not toilet trained.*
- *No urinating in pool.*
- *Wear proper swimwear. No underwear, no T-shirts, no slacks.*
- *People with hair over 2 inches must wear a swimming cap.*
- *Remove lotions and makeup before entering the pool.*
- *No paddling of feet in the pool, unless you are in your swimsuit and have showered.*
- *If you must spit, do so into the overflow gutter on the sides, and rinse it*



SWIMMING POOL

GENERAL CONDUCT

- *The NCBS Honour Code applies to pool conduct.*
- *The instructions of the pool supervisor must be obeyed. He has authority to evict anybody violating the rules.*
- *Do not offend or inconvenience other people in the pool.*
- *Use of mobile phone on the swimming pool deck area is prohibited.*
- *Speak up if anyone is violating pool rules. Everyone has to cooperate.*

TIMINGS

Pool cleaning: 6:00-7:30 am

General: 7:30 - 1:30 pm

Pool Cleaning: 1:30-3:00 pm

Women: 3:00-4:15 pm

Families: 4:15 - 6:30 pm

General: 6:30 - 8 pm.

- *For General swimming and women, half the pool will be set out for lanes.*
- *For families: a divider will be put across the pool to separate out deep from shallow.*
- *The pool is accessible at all times to all except during the women's hours.*



GYMNASIUM

The gym addresses the basic light to medium workout (for both genders). Equipments in this facility can be categorized into cardio machines, tone up machines and strengthening machines. The gym also has a music system. The following set of rules are meant to ensure your safety.

- When in gym, wear exercise apparel and sports shoes only.*
- All gym users should carry a towel and leave equipment dry after use.*
- While handling heavy equipments and weights, please make sure you have someone to help you or it may cause severe injury to you and the others in vicinity.*
- Handle all equipment with care and in case any equipment is damaged, malfunctioning or missing, inform the sports complex in-charge.*
- Switch off all lights, music system and close the windows if you are the last person to exit the gym.*



GYMNASIUM

- *In case you want to clean the equipment before/after use, please use the sanitizer and tissues available in the gym.*
- *All children below the age of 15 should be accompanied by an adult.*

Equipments in the gym

Treadmills

Cycle

Cross-trainer

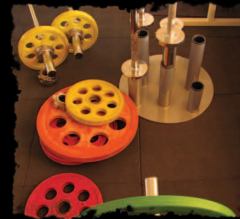
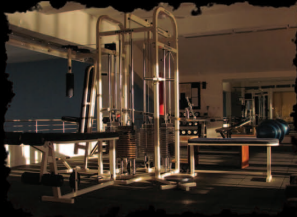
Rowing Machine

Punching Bag

Dumbbell

Barbells

Multi-Gym Machine



BADMINTON

NCBS has two Badminton courts on campus. An open court is within the Parijatha hostel and a wooden court is in the sports complex. The following guidelines are meant to ensure your health and safety, as well as quality and longevity of the court. Please adhere to them strictly and ensure that people you play with do the same. Please post your comments and feedback on the NCBS sports blog, or contact any of the badminton committee members.

- All users must make their own arrangements for rackets and shuttle cocks.*
- There is no formal booking system for using the court. Users will get access to the court on a first-come-first-served basis. However, no individual can occupy the court for more than a period of 30 minutes at a time if there are others waiting to play.*
- When playing on the court in Parijatha, make sure that you switch off the lights after you are done.*
- When playing, wear sports clothing and sports shoes only.*



BADMINTON

- *When on the wooden court, users must wear shoes with non-marking soles.*
- *Use the foot mat at the entrance to the sports facility to ensure that your shoes are clean before you enter the facility.*
- *As far as possible, avoid scratching the wooden floor while playing and passing the shuttle cock.*
- *There will be some common storage space allocated for the users of the badminton court with some extra badminton rackets.
Users will have to enter in a log book before taking anything from this storage space.
Additional individual lockers will be assigned by lottery every six months
(ref. – the general sports complex locker guidelines).*
- *Do not bring eatables and drinks into the playing area.*
- *Ensure that the court is clean before you leave the facility.*



TABLE TENNIS

The Table-tennis table is placed next to the badminton court in the sports complex.

- Please get your own accessories including rackets and TT balls to play.*
- Wipe off the dust on the table before you start the play (a dusting cloth is kept underneath the table).*
- If you find that the net height is less than 6 inches from the table top, please inform the sports complex manager.*
- Do not sit on the table (Strictly).*
- Do not keep any heavy objects on the table.*
- Do not rub your hands on the table. The table top comes with a low-friction coating which is essential for proper spinning of the ball.*
- The nets have already been adjusted for proper height and tied to the table. Please do not make changes to this unless you see them in shambles .*

TABLE TENNIS

- *Please avoid wearing hard rubber sole footwear.
This could make impressions on the floor and might possibly damage them as well.*
- *Please do not leave your sports accessories in the room.
Any unclaimed sports gear would be handed over to the security.*
- *The sports committee bears no responsibility regarding personal belongings of the users.*



FOOTBALL, CRICKET and TENNIS

Football and cricket are played on the NCBS lawns, in the evening. Basic sports equipment for these games like cricket bats, stumps, football goal-posts and football are provided by NCBS and are stored in the common storage facility in the sports complex. These can be issued from the sports complex manager as and when required.

There is a tennis court, with floodlights, at NCBS behind the Parijatha hostel. It can be accessed at point of time in the day. The following rules apply when playing on the tennis court.

- Wear sports shoes while on the court.*
- Players need to bring their own rackets and tennis balls.*
- Do not leave any trash or old balls behind you when you leave the court.*
- Make sure you latch the door of the tennis court and switch off the lights if you are the last person to leave.*



BASKETBALL and VOLLEYBALL

For people at NCBS who like to play basketball and volleyball, there is a basketball court and a volleyball court with flood lights just across the boundary wall behind Parijatha and basketball/volleyball in the common equipment room at the sports complex.

- Sign in to have a basketball/volleyball issued by the supervisor at the sports complex. Be sure to leave a contact number so that anyone else looking for the ball can find it.*
- Be sure to return the ball when done with it.*
- Do not dribble the ball in mud, over sharp/uneven stones or inside buildings.*



BASKETBALL and VOLLEYBALL

- *Please use the appropriate needle to inflate the ball – for help in this regard, contact someone in Lab-13.*
- *Turn off the court lights when done.*
- *The basketball/volleyball community here includes members of both sexes. We take pride in this fact and encourage anyone who would like to play/learn to play to find out when games are happening. In addition, players are urged to keep in mind the sensibilities of everyone on the court and to be sensitive to peoples' sentiments. Specifically, be gentle on court, especially with women.*



CHESS, DARTS, CARROM, FOOSBALL and CLIMBING WALL

- *The wooden chessboard is placed in the TV room.
The chess pieces can be issued out from the sports complex reception.*
- *The Dart board is located next to the stairway used to enter the sport complex.
The darts can be issued out from the sports complex reception.*
- *There is a Carrom table near the Table Tennis arena.
All the accessories can be issued out from the Sports Complex Managers.*
- *The foosball table is also kept in the Table-Tennis arena.
The foosball can be found at the table itself.*
- *We are in the process of getting a big climbing wall in the new laboratory complex.
Once it is ready , users will be informed about guidelines.*



SQUASH

The squash court is located next to the table tennis area, in the sports complex and is accessible from 6 AM to 12 midnight . The following guidelines are meant to ensure your health and safety, as well as quality and longevity of the squash court.

- Smoking / food / drinks are NOT allowed on court.*
- Games and activities other than squash are NOT allowed on the court.*
- Players must be properly attired in shorts, T-shirts and socks. Protective eyewear are highly recommended.*
- Only use shoes with non-marking soles. These are sports shoes with soft rubber soles (preferably white soles) that do not mark the wooden floor. Please carry these shoes separately and wear them only after you have entered the sports complex. Please use the floor mat provided to ensure they are clean.*
- Preference for use of squash court will always be given to users who have booked the court in advance. If a squash court is not occupied within 10 minutes of the commencement of the period for which it has been booked, the court may be used by any users waiting to play; the original booking will be deemed cancelled.*

SQUASH

- *During open court* sessions, the court may be occupied on a first-come first-served basis. Please do not occupy the court for more than half an hour if there are others waiting to use the court.*
- *Children under 12 years of age may not use the squash courts unless accompanied by an adult.*

Users are requested to monitor the squash court for the following and report to squash committee

Shoe markings on floor

Split/uneven/damaged tiles on floor

Damage to board and tin

Damage to glass and wall surfaces

Improper functioning of lighting system.

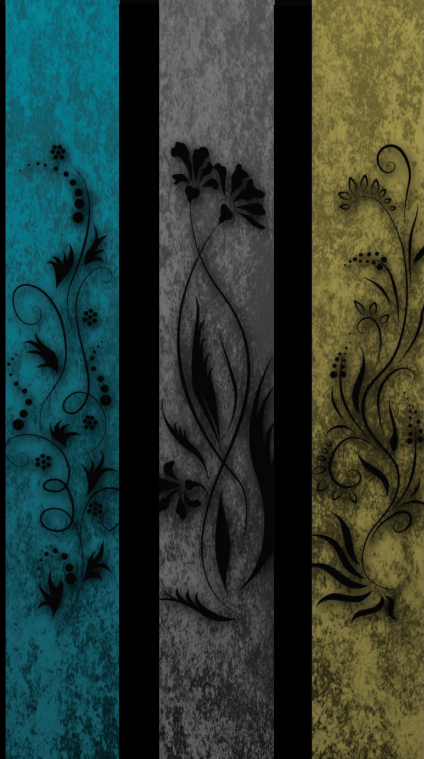
Online Booking

To book squash court online in advance, create an account at <http://scheduler.ncbs.res.in>.

Bookings may be made for one-hour slots. Only three bookings are permitted per user per week and booking of back to back slots is not allowed.

**Open court sessions: Squash courts cannot be booked on Wednesdays and Saturdays between 5:00 PM to 8:00 PM.*





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Shoes With
Non-Marking Soles Only



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