

3.3. INDOOR STADIUM & GYMNASIUM

INDOOR STADIUM

In addition to the outdoor sports gallery and grounds there is an indoor stadium Fontbonne Arena. This indoor stadium was built with UGC Funds under the XI Plan-Development of Sports infrastructure and Equipment. (2017).

- ▶ The Indoor Stadium is to be put to optimum use for the following sporting events and activities:
 - Basketball, Skating, Yoga, Fitness Exercises, Karate, *Silambam* and any other sporting event with the permission of the Management.
- ▶ The Management can decide to rent the indoor stadium for sporting events by other institutions, Corporate Sector. A reasonable fee will be charged as part of resource mobilization. The accounts are to be maintained by the Directress of Physical Education and the Office Manager of Shift I.
- ▶ A Log Book is to be maintained for noting student entry of Shift I and II.
- ▶ Maintenance issues should be brought to the notice of the Office Manager – Shift I.

Timing:

- ▶ Shift-I from 8:30 a.m. to 12.00 noon.
- ▶ Shift-II from 2.00 p.m. to 5:30 p.m.

As a policy the indoor stadium should be used for sporting events to be played indoors.

GYMNASIUM

The well-equipped Gymnasium (Fitness Centre) is primarily meant for the Sports women. Keeping the need for fitness for all, staff members can also avail the facility. The use of equipments is to be done under supervision. The Gymnasium is not open to outsiders.

Timing:

- ▶ 6.30 am to 8.00 am – for Athletes
- ▶ 10.00 a.m. to 11.30 a.m.- for Shift II Staff
- ▶ 2.30 p.m. to 4.00 p.m.- for Shift I Staff
- ▶ 4.00 p.m. to 5.30 p.m. – for Players

A Log Book is to be maintained for the name entry of the user and the equipment used. Maintenance of equipments is the responsibility of the Directress of Physical Education and the Office Manager Shift I.

***No fee is to be collected for the use of gym equipments.**

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