

# FITNESS CENTRE RULES & REGULATIONS

## ACADEMIC PROGRAM USE

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- Academic programs users do not need to scan-in with their OneCard for scheduled classes.
- Knapsacks, bags, and personal belongings are not permitted in the Fitness Centre. Temporary/day use lockers are available in the Fitness Centre lobby. Users must provide their own lock and remove their belongings after their class. Overnight use is not permitted, and locks will be cut accordingly.
- Fitness apparel considered safe for use in the Fitness Centre include:
  - T-shirts and tank tops
  - Track pants and leggings
  - Fitness/athletic shorts
  - Running shoes/sneakers
  - Loose clothing or head pieces must be tucked in and free from any moving pieces of equipment When using the Fitness Centre, patrons should not use:
    - Footwear that poses a risk to self or may damage the facility; this includes but is not limited to open toed shoes, heeled boots, dress shoes and marking soles
    - Bare or socked feet
    - Clothing with embellishments that may catch in equipment or damage upholstery (e.g. exposed zippers, button/studs)
    - Denim jeans, dress pants, chinos etc.
- Towel service for personal use is not available. Only cleaning towels are provided.
- After each use, users will clean equipment using provided supplies ensuring all touch points have been addressed.
- Users are required to practice safe hand hygiene, e.g., washing hands with soap and water or using alcohol-based hand sanitizer. Hand sanitizer will be available at the front door upon entry and within the facility.
- Users will use a spotter when necessary.
- Users will comply with any equipment or facility capacity limitations.

- Users must maintain their personal hygiene (wearing clean clothes and deodorant during exercise).
- Return all weights and all equipment to their proper location after use.
- Do not drop or slam weights.
- No food or beverages besides water permitted in the workout areas.
- The Fitness Centre is not responsible for any lost, stolen, or damaged personal belongings.
- No abusive, rude, or provocative language, attitudes, or actions. Respect members' rights to a safe, encouraging, and welcoming training environment.
- Respect members' rights to a focused training environment. Please make phone calls outside of the Fitness Centre. When listening to personal music you use headphones.
- No Alcohol or Banned/Illegal Substances.
- Anyone exhibiting signs of impairment will be denied entry.
- Athletics & Recreation staff have the authority to remove patrons or suspend use, including up to full cancellation of use for breach of rules and regulations and College codes of conduct.