

Fitness Centre Safety Standards

- The Fitness Centre at 250 Clark is an unstaffed facility, as such, the Building, including Fitness Centre and Gymnasium (but excluding change room facilities) is under video surveillance 24 hours a day. The municipal data retention policy dictates the length of time videos are stored, and under what circumstances video is turned over to the Ontario Provincial Police.
- Photography is strictly prohibited in the change rooms. Anyone caught taking images in the change rooms will immediately lose membership privileges with no refund. Please do not make calls in the Fitness Centre; take your calls in the main hallway outside of the Fitness Centre.
- All persons accessing the Fitness Centre must be paid members in good standing, or registered guests. Anyone found providing outside access will have their membership privileges revoked.
- Members will access the facility with a key fob; for your security fobs will be required to access the building itself, change rooms (from both sides), and Fitness Centre. For this reason your fob must be on your person at all times.
- Members must be 15 years old with an accompanying adult member, or 18 years of age unaccompanied. Guests must be 18 years of age – identification will be required.
- Please wear appropriate exercise attire at all times. Shirts must be worn at all times. Proper exercise footwear is required at all times. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are allowed. Failure to dress properly will result in denial to workout.
- Showers are available for patron usage. Showers have a preprogrammed temperature and will run for a preset amount of time. To turn on, press button.
- Please use the lockers in the fitness centre change rooms for your personal items; locks may be placed on lockers for the duration of your time in the facility. Locks left longer than 72 hours will be cut off, and items inside locker will be placed in lost and found. Personal items are not permitted interior to the fitness centre as added clutter causes unnecessary trip hazard for patrons.
- Please do not disrupt or interfere in another member's workout. Refrain from making phone calls in the fitness centre, leaving towels, lanyards or water bottles in the way of another user, or impeding the use of a piece of equipment in any way. Members may not "hold" equipment for friends. First come, First serve. It is however, requested that members respect that a person may be waiting to utilize a piece of equipment.
- Do not congregate in the Fitness Centre.
- Horseplay, profanity, racist or sexist comments will NOT be tolerated.
- Please observe proper personal hygiene out of respect for other patrons.
- Please wipe down all equipment after use. Spray bottles and paper towel are located at various locations for this purpose. Please deposit paper towel in the appropriate receptacle afterward.
- Eating or drinking inside the Fitness Centre is not permitted with the exception of beverages in capped bottles. No alcohol is permitted on site.
- Weight plates are NOT to be leaned against equipment stands, walls or machines. Please replace weights, dumbbells, bands and other equipment in the appropriate location after use.
- Dumbbells and weight plates cannot be dropped on floor.
- Please do not slide or lift equipment.
- Only certified trainers registered with the Municipality of Powassan are permitted to provide instruction on exercise technique or equipment preparation and adjustments.
- Please use a spotter at all times
- Please NO use of chalk or other powders or scents.
- Members and Guests are not permitted to bring their own equipment into the Centre.
- Members who participate in activities at the Fitness Centre at 250 Clark do so at their own risk. The Fitness Centre at 250 Clark, the Corporation of the Municipality of Powassan and their staff or volunteers are not responsible for any injury that may occur to individuals participating in any exercise activity. Participation in exercise activity is on a voluntary basis.
- Report all equipment malfunctions, personal injuries and specific concerns immediately to the Municipality of Powassan at 705-724-2813. A sign is available to be placed on malfunctioning equipment should the need arise.

I have read and understand the rules and guidelines as presented to me. I understand that if I am found to have committed an infraction as noted above my membership access will be revoked.

Client's Signature: _____

Date: _____