

## South Country Co-op Fitness Centre

# Terms and Conditions

To ensure a safe, clean, and enjoyable environment, all South Country Co-op Fitness Centre users must follow these guidelines. Non-compliance may result in suspension or revocation of privileges.

A free one-hour orientation is available to all users.

### AGE USE GUIDELINES

- Full access to the Fitness Centre is restricted to individuals *12 years of age and older*, and they must be in appropriate attire and working out.
- Children ages 8-11 granted access only granted with parent and child completion of the Registered Family Use Orientation Program. Adult supervision is always required for this age group. Parents can arrange this orientation with any member of the Fitness Team.
- Children under 8 years of age are not permitted in the Fitness Centre.
- Infants in strollers are permitted. Infants must stay in stroller and always remain within arm's reach of parents.
- We strongly recommend all users aged 12-15 take our free orientation.
- We reserve the right to require an individual to receive an orientation if deemed necessary for safety and/or etiquette purposes.

### FACILITY CONDUCT

- Proof of membership or paid admission is required for all Fitness Centre users. Check in with Customer Service is mandatory.
- We strongly recommend all those new to fitness, first-time members, or users aged 12-15, take advantage of a free orientation.
- We reserve the right to require an individual to receive an orientation if deemed necessary for safety and/or etiquette purposes.
- Please lock your items in a locker. The City of Medicine Hat is not responsible for lost or stolen items.
- Be respectful; please avoid the use of profanities, including on clothing, and disruptive behavior.
- Be courteous. Share equipment and limit excessive usage during peak hours.
- When listening to music, podcasts, workouts, phone calls, etc. please use headphones/earbuds. Use of phone speaker or personal speakers is not permitted.
- Photography and video recording is prohibited without permission from the City of Medicine Hat.
- Posing in mirrors is not permitted.
- Fitness attire must always be worn.
- No drugs or alcohol; impaired users will be denied entry.
- Personal training is available by certified City of Medicine Hat Fitness Centre staff. External personal trainers are not permitted to conduct business in the Fitness Centre.

- Report medical conditions and emergencies to staff. A first-aid kit is located at the Fitness Centre customer service desk.

## EQUIPMENT USE

- Use a spotter for heavy lifts.
- Return equipment to its proper storage place after use.
- Do not drop or slam free weights or weight stacks on cables/machines. If you can lift it, you can put it down gently.
- All mats in the Fitness Centre are for stretching and core training only. Any form of combat training or practicing is strictly prohibited.
- Use powder chalk responsibly and clean up after use. Wipe all chalk off equipment, floor, benches, etc. Liquid chalk is prohibited.
- Report damaged or malfunctioning equipment to staff.

## TRACK SAFETY

- Please observe the daily track direction. Walking the wrong direction is prohibited.
  - Lanes 1 and 2 (inside lanes) are for walking.
  - Lanes 3 and 4 (outside lanes) are for jogging/running.
- Please move around the Fitness Centre in the appropriate direction or walk on the outside of the stanchions (off the track).
- Cross the track only at designated crossings and look before proceeding.
- When there is a track team booking, the track direction will be changed to counterclockwise. Lanes 3 and 4 are for the track teams only and track crossing points will be limited. Please use extreme caution when crossing and do not go under the stanchions.
- Use of spikes is prohibited.
- Please use extreme caution when walking backwards (ideally with a partner and take turns so someone is always eyes-forward). Depending on the amount and/or types of users at any given time, we reserve the right to ask that you do not walk backwards.

## ATTIRE, HYGIENE AND CLEANLINESS

- Wear clean clothes and use deodorant.
- Wear clean indoor footwear only. Bare feet are prohibited.
- Wear acceptable fitness attire: t-shirts, tank-tops, sports bras, sweatshirts, leggings, sweatpants, track pants, athletic shorts.
- Do not wear jeans, pants requiring belts, or clothing with zippers. These can damage equipment upholstery. Exceptions to this rule apply to users exclusively using the track.

- Do not wear skirts or loose clothing that can get caught in machines. Exceptions to this rule apply to users exclusively using the track.
- Bring your own sweat towel.
- Use the disinfectant wipes provided at wipe stations located throughout the Fitness Centre to clean all equipment after use.
- Use spill-proof drink bottles only.
- No food is permitted.

## COMPLIANCE

- To ensure the safety and comfort of all Fitness Centre users, on-site staff will enforce these guidelines are followed. Violations may result in:
  - verbal warning
  - temporary suspension
  - permanent revocation

**Your cooperation helps to maintain a safe and positive environment. For questions or assistance please ask a Fitness Team member. Thank you for following these guidelines and enjoy your fitness journey!**