

SPANISH FITNESS CENTRE POLICY
Adopted by Council on March 21, 2006

Registration

1. **That** each member of the fitness centre will be required to complete and sign a waiver form, attached hereto as Schedule “A”, prior to using the gym facilities and will be further required to complete a new waiver on an annual basis. If no changes to forms, then date & initial old waiver.
2. **That** all members under the age of 18 are required to have their parent/guardian sign the waiver form prior to using the gym facilities.
3. **That** each member of the fitness centre will be required to complete and sign a “Par-Q & You”, attached hereto as Schedule “B”, prior to using the gym facilities and will be further required to complete a new “Par-Q & You” on an annual basis or if member’s medical history changes.
4. **That** should a member of the fitness centre respond yes to one or more questions on the “Par-Q & You”, they will be required to have their physician complete and sign a “PARmed-X”, attached hereto as Schedule “C”, prior to using the gym facilities or a note from their doctor. If no changes to forms, then date & initial old waiver.
5. **That** each pregnant member of the fitness centre will be required to have their health care provider complete and sign a PARmed-X for Pregnancy, attached hereto as Schedule “D”, prior to using the gym facilities.
6. **That** each member of the fitness centre will be provided with a copy of “Rules of Etiquette”, attached hereto as Schedule “E”.
7. **That** all gym members must be at least 14 years of age.
8. **That** all gym members will be provided an orientation on the proper use of the equipment.
9. **That** no personal equipment to be brought into the gym.

Refunds/ Extensions to Memberships

10. **That** in the case of injury or sickness where a member is not able to attend the gym for a week or more, a paid membership may be extended by the time missed upon the receipt of a doctor’s slip.
11. **That** should an injury or sickness prohibits a member from continuing their membership on a permanent basis, that a refund may be considered at the discretion of Council.
12. **That** in the case that a member is unable to attend the gym due to vacation, no refund or extension will be considered. A member will be encouraged to purchase shorter-term membership to accommodate their vacation plans.

Special Promotions

13. **That** from time to time Council at their discretion may implement promotions to encourage the use of the gym and to promote healthy living. Promotions will be done by way of motion of Council, which will indicate the details and duration of such promotion.
14. **Those students** who show a current student card will be eligible for a discount to be applied to a monthly membership. See current rates. The definition “student” under fees for a discount means a person attending an educational institution on a full time basis, and does not include Adult Education, and presentation of valid student card.

The definition of a “resident/ nonresident” is: a resident is someone that lives in or pays taxes in the Town of Spanish all others are considered nonresidents.

THE CORPORATION OF THE TOWN OF SPANISH
Adopted by Council on April 6, 2009
Rules of Etiquette
GUIDELINES FOR THE SPANISH MUNICIPAL FITNESS CENTRE

These are guidelines that we feel are necessary to ensure a healthy and pleasant environment for all members:

- everyone must complete an orientation process before using the equipment
- all members between the ages 14-18 must have a parent or guardian sign the waiver
- no children under the age of 14 years allowed in the gym
- no spectators please
- please remove outside footwear (boots) upon entering
- shirts are required
- no foul language at any time
- respect others
- allow others to work through multiple sets at a given area
- weights should be set on floor not benches
- weights should be placed on rubber mats when transferring from tree, including the large dumbbells.
- Do not drop or slam weights – gently lower the weight down after each exercise
- when finished with weights, please return to weight tree
- wash equipment handles and seats after use (spray & cloth provided)
- no food or glass bottles in the gym area
- please ensure that your workout, shower and sauna are completed within the gym hours of operation
- individuals must respect the time frame on the treadmill (treadmill reservation sheet)
- please help to keep the gym, shower and sauna areas clean
- music will be at the discretion of the facility maintenance/gym instructor
- no clothing or packsacks taken into the gym
- share equipment – if someone is waiting to use a machine, avoid sitting on the machine while resting between sets. If you are waiting to use a machine, do not hover over the person currently using the machine.
- Wear appropriate clothing – make sure your clothing is comfortable, breathable and clean. Avoid using strong perfume, cologne or after-shave. Wear proper footwear.

We would like everyone to enjoy the use of this facility. If at any time you have concerns, questions, or suggestions, please do not hesitate to bring them to the attention of the facility maintenance/gym instructor. There is also a suggestion box placed within the gym for your convenience. Any persons not abiding by the guidelines provided could be asked to leave the facility by the facility maintenance/gym instructor.