

POOL AND FITNESS CENTRE POLICIES

ASSUMPTION OF RISK

Users assume a risk of injury or even death while participating in recreational activities. All participants are strongly urged to have regular medical check-ups and carry medical insurance coverage.

CONDUCT

The use of abusive or profane language will not be tolerated. Clothing that expresses any profane and/or bigoted messages will not be allowed. The Recreation staff reserves the right to address any witnessed or reported concerns related to conduct or disruptive behavior. Disruptive behavior is not allowed and may result in membership suspension or termination.

EMERGENCY PROCEDURES

In the event of a fire or other emergency, alarms will sound throughout the facility. Recreation staff members will provide users with evacuation instructions. Do not use the elevator in an emergency. Users needing help to exit the building should notify a recreation staff. Fire alarms and extinguishers are located conspicuously throughout the facility.

NO SMOKING ALLOWED

Smoking, smoking devices, e-cigs, tobacco, drugs, and alcohol in any form is prohibited in all recreational facilities.

NO ALCOHOLIC BEVERAGES are allowed anywhere on the premises.

NO PETS are allowed anywhere on the premises, except for working companion animals.

Management reserves the right to refuse entry to any person at any time or to remove persons guilty of disruptive or disorderly conduct – including, but not limited to; verbally or physically threatening staff or other persons, swearing aloud, and gaining unauthorized and/or wrongful access.

Management is not responsible for loss, theft or damage to personal property.

FITNESS CENTRE

AGE REQUIREMENTS

Children AGES 12-14 must be with their parent/guardian at all times.

Children aged under 12 are not allowed access to the Fitness Centre.

Children under the age of 16 must not use free weights

Users will be responsible for damaged or broken equipment.

Medical clearance is recommended for men over 45, women over 55 and individuals of any age who have two or more of the following risk factors: diagnosed hypertension, blood pressure of 140/90 or greater, total cholesterol greater than 200mg/dl or HDL of 35mg/dl or lower, smoke cigarettes, impaired fasting glucose, obesity, a family history of heart disease or a sedentary lifestyle. Medical clearance is also strongly recommended for persons with cardiovascular, pulmonary or metabolic disease.

No jeans or slacks with rivets or zippers, no belts, no opened-toed shoes, non-athletic shoes, or slick soled shoes. These clothing procedures are in effect for personal safety and protection of the equipment.

Users are responsible for wiping sweat off of the equipment. You are encouraged to clean each machine pre and post use.

No chewing gum, tobacco, or food allowed. Beverages are only permitted if contained in a plastic bottle with a secured lid or squirt spout.

Slamming or dropping weight stacks, plates, medicine balls or dumbbells is prohibited.

Spotters should be utilized when excessive weight is lifted over body.

Spring collars are required on all barbells.

Chalk is prohibited.

Dropping of a barbell or a barbell with weights is not permitted anywhere.

In consideration of others, all weights and bars must be returned to storage racks after use.

Each visitor is asked to be considerate towards other gym users, for instance allowing others to use equipment between sets

Cell phone use whether talking or texting is prohibited while exercising. Patrons talking on their cell phones while in the Exercise Room or Free Weight Area will be asked to 1 move to the lobby or stairwell area until their conversation is over. Please respect your fellow patrons.

Patrons must use the equipment for its intended purpose or function. Improper use of any fitness equipment will not be tolerated.

Users who break equipment due to misuse or misconduct can be suspended from the facility.

Food is not permitted.

PERSONAL TRAINERS

All customers using a personal trainer must sign a waiver form with the Town of Beaverlodge

Personal instructors must confirm that she/he has the qualifications and experience required to instruct clients within the facility by providing a copy of relevant certificates.

The instructor must provide a copy of up-to-date Insurance Certificate.

Aqua Fitness

Minimum age for participation is 14

Under 16's must pass an appropriate swim test