



CORPORATION OF THE TOWN OF ENGLEHART

Fitness Room Policy

Policy # REC-001

Category: Recreation

Drafted by: Johanna Paradis	Authority: CAO-Clerk's Office	Effective Date:	Revision Date:
Approved by: Municipal Council	Date Approved:	Signature:	

FITNESS ROOM POLICY:

The Town of Englehart has established a variety of policies and procedures to ensure the members of the Englehart & Area Community Arena Complex Fitness Room have both a positive and safe experience while using the facility. We require that our members review and adhere to the following policies. The Town of Englehart reserves the right to change policies as required and to revoke membership or suspend any member who does not comply with these policies and procedures.

ACCESS TO THE FITNESS ROOM:

- The Fitness Room is accessible 24/7 to those with memberships.
- Active key fobs provide access to the front door and the fitness room door.
- If you have lost your fob or key card, please visit the Recreation Office or Town Hall during regular business hours to replace it.
- Allowing access to any other individual may result in termination of membership

FITNESS ROOM ETIQUETTE:

1. Keep your music to yourself
2. Report damaged equipment
3. Lead by example
4. Offer to spot
5. Return equipment where it belongs
6. Be courteous and respectful
7. Avoid offensive language and gestures
8. Refrain from taking phone calls, videos or photographs
9. Remove outdoor footwear prior to entering
10. Respect other's personal space
11. Use proper technique to avoid injury
12. Know your limits
13. Limit your time on equipment during peak times
14. Do not slam or drop weights
15. Keep it scent free
16. Closed toe athletic footwear must be worn at all times

FIRE ALARMS:

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facility, you must immediately leave the complex through the nearest exit door and remain outside until it has been announced that it is safe to reenter the complex.

FITNESS ROOM ATTIRE:

Proper athletic attire must be worn while using the fitness room.

- Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate attire
- Jeans are not permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches
- Bare feet, socks only or sandals are NOT permitted
- Remove outdoor footwear prior to entering the fitness room. Even shoes that appear clean and dry can negatively impact the equipment
- The Fitness Room is a scent-free environment, with the exception of deodorant and anti-perspirant which are strongly recommended

FOOD AND BEVERAGES:

Other than water bottles, food and beverages are not allowed in the fitness room. It should also be noted that a water fountain is located outside the fitness room should you forget your water bottle.

GUESTS:

Guest passes may be issued so non-members may use the Fitness Room. A Fitness Room guest is defined as an individual who is:

1. A visitor to the area who would like to continue their exercise regimen while on vacation
2. An agency employee who works in Englehart periodically for short periods of time
3. A resident who attends school or works out of town most of the time
4. A resident who would like to try the fitness room prior to purchasing a membership

Guests are required to follow the same policies and procedures as members.

HEALTH AND SAFETY:

- If you have an illness that is spread by contact, please do not use the Fitness Room. Using the Fitness Room when ill puts you and all other members at risk. Illness causes an individual's system to become weaker, and the likelihood of injury increases significantly when training under these conditions.
- Given the nature of physical training, the transmission of contagious diseases occurs quite readily. Bottles of disinfectant and paper towels are available throughout the fitness room for cleaning equipment.
- Be courteous to fellow Fitness Room users and sanitize all equipment after each use.
- For your own safety, and the safety of others DO NOT prop open fitness room door or emergency exit.
- Please note that the Englehart and Area Community Arena Complex is under constant camera surveillance.

INJURIES AND FIRST AID:

Please be advised that the Fitness Room is not staffed at all times. Use at your own risk.

If you are injured, become dizzy/ill, or suffer any other medical emergency, there will likely be no one on the premises to respond to your emergency. It is recommended by the Town of Englehart that a workout partner accompanies you while using the fitness room.

First aid supplies for minor injuries are located in the First Aid Cabinet located across from the vending machines. In cases requiring more extensive first aid, please call 911.

A defibrillator is also available beside the First Aid Cabinet.

LOST AND FOUND:

Lost articles are kept in the lost and found box located outside the fitness room doors. Occasionally, articles of value will be located in the Recreation Office for safe keeping. The Town of Englehart is not responsible for any lost or stolen articles or for any items left at the Englehart and Area Community Arena Complex.

CARDIO EQUIPMENT USAGE PROCEDURES:

Equipment is on a first come, first served basis. We ask that you please limit use to 30 minutes while people are waiting. Wipe down equipment after use.

WEIGHTLIFTING POLICIES:

For the courtesy of all Fitness Room members and for safety reasons, all lifters MUST re-rack their own dumbbells and weight plates after they have finished using them. Searching for sets of weights needed for your weightlifting program can be a hassle, and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the Fitness Room poses obvious hazards.

Continued failure to abide by this Fitness Room policy may lead to the suspension or termination of your membership.

MEMBERSHIP FEES:

Englehart Arena Complex – Fitness Room (Gym)

Englehart Arena Complex – Fitness Room (Gym)				
	YOUTH	STUDENT	ADULT	SENIOR
Guest Rate*	N/A	\$4.50	\$5.50	\$4.50
Monthly	\$20	\$35.00	\$40.00	\$35.00
3-months	\$50	\$80.00	\$95.00	\$80.00
6-months	\$90	\$150.00	\$180.00	\$150.00
12-months	\$165	\$280.00	\$340.00	\$280.00
Non-residents			Fee +25%	
\$25 fob deposit on new memberships				
*per use rate				

Memberships will not be extended due to maintenance and cleaning closures.

Definitions for the purpose of this policy:

Youth: those aged 14-16 years may purchase a membership to the Fitness Room with the signed consent of a guardian and the completion of an orientation provided by the Community Services Coordinator or designate.

Student: anyone who is in full-time secondary or post-secondary studies over the age of 16.

Adult: anyone who is 18-54 years of age.

Senior: anyone 55 years of age or older.

Residents: Individuals who reside in the Town of Englehart, Evanturel, Chamberlain or Charlton and Dack.

MEMBERSHIP REVOCATIONS AND SUSPENSIONS:

All Town of Englehart policies and procedures apply to the Fitness Room. Courtesy for other members, staff and the equipment in the Fitness Room is expected and required. Loud, boisterous or abusive behavior will not be tolerated. **Failure to comply with Town of Englehart policies and Fitness Room guidelines may result in immediate eviction from the Complex, and revocation of membership with no refund.**