

## **Weight Room Rules**

### 1. Weight Room Rules:

- a. Your first visit is complementary, after which all users must hold a valid pass.
- b. All weight room users must purchase a non-refundable monthly pass.
- c. Your first visit is complementary, after this you must purchase a pass to use the facility.
- d. Clean indoor shoes must be worn while using the facility.
- e. Users are responsible for ensuring all equipment is put away after use.
- f. The facility must be left clean and tidy.
- g. Failure to abide by the rules of the weight room will result in revocation of weight room pass.
- h. The weight room may be used by professional fitness trainers to provide training to community members at no additional cost, provided that all have paid the monthly membership fee.

#### ***Or***

The weight room may be used by professional fitness trainers to provide training to community members. 10% of any fees charged must be returned to the City for use of the facilities. The trainer need not have a membership pass if reimbursing the City and not using the facility for personal use.

### 2. Weight Room Volunteers:

- a. All volunteers must obtain a Criminal Record Check from the RCMP. This check is free of charge, upon request from the Recreation Department.
- b. Volunteers must be 21 years of age or older.
- c. Volunteers must commit to a minimum of two hours per week in the weight room.
- d. Volunteers must be present and are responsible for supervising users at the Weight Room for the duration of their shift.
- e. In the event of a cancellation it is the responsibility of the volunteer to post a notice in the weight room 24 hours in advance.
- f. A volunteer may only cancel a maximum of 2 shifts per month unless prior arrangements are made with the Recreation Department.
- g. Volunteers will be required to pay weight room fees for the first three months. Upon completion of the 3 month period if the volunteer has demonstrated a strong commitment to the facility and met the expectations of a volunteer, the volunteer will be eligible for a reduction in monthly fees (see attached fee schedule).
- h. Volunteers must enforce the rules of the weight room, ensure all users have a valid pass and have completed a waiver form.
- i. Volunteers must ensure the weight room is left in a respectable manner, lights are turned off and doors are locked upon completion of each shift.
- j. The combination locks will be reset the first Monday of each month, volunteers will be required to purchase a new pass at the Art & Margaret Fry Recreation Centre at which time they will receive the new combination.
- k. Under no circumstance are volunteers permitted to distribute the combination. Distribution of the combination by a volunteer will result in revocation of weight room privileges.

### 3. Fee Schedule

- a. A one month pass for the facility is \$20.00
- b. A yearly pass for the facility is \$200.00
- c. Individuals that volunteer 2 – 4 hours per week in the weight room will receive a 50% reduction of the fees.
- d. Individuals that volunteer for 5 or more hours per week will not be charged any weight room fees.
- e. Weight room fees will be reviewed annually.