



City of Dawson

Fitness Centre Policy

#2018-01

1. POLICY STATEMENT

- a) Municipal recreation plays a vital role in contributing to the quality of life enjoyed by the residents of Dawson City. The City of Dawson (the "City") operates and maintains the Dawson City Fitness Centre to promote healthy and active living within the community.

2. OBJECTIVES

- a) It is the purpose of this policy to:
 - i. To ensure the facility is accessible to the community. "Accessible" includes a safe and comfortable environment for all users.
 - ii. To provide guidelines and responsibilities for all Fitness Centre users.

3. FACILITY PASSES AND FEES

- a) Fitness Centre user fees are outlined in the Fees and Charges Bylaw and will be reviewed annually.
- b) Fitness Centre passes and fob deposits are non-transferable.
- c) Cancellations are subject to a cancellation fee. Users will be refunded for any unused full months minus the cancellation fee.

4. FITNESS CENTRE USER POLICIES

- a) All users must have a valid pass and have signed a Fitness Centre waiver. A parent or guardian must sign the waiver for users under the age of 18 prior to his or her first visit to the facility.
- b) Minimum age to access the Fitness Centre is 12 years. Users 12-14 years of age must be directly supervised by a parent/guardian or be participating in a department-approved program in which supervision is provided.
- c) Individuals under the age of 12 may access the Fitness Centre if participating in a department-approved program.
- d) Users under the age of 16 must have a Fitness Centre orientation by Recreation Staff or qualified person such as a fitness trainer, physical education teacher or other department-approved individual.
- e) Failure to abide by the rules of the Fitness Centre may result in termination of Fitness Centre privileges.

5. FACILITY RULES AND GUIDELINES

- a) Facility users must be respectful of other users and City employees.
- b) Equipment is to be used at the individuals own risk and only for its intended purpose.
- c) Using the facility while impaired by alcohol or drugs is prohibited.
- d) Appropriate fitness attire and clean indoor shoes must be worn.
- e) For the comfort of all patrons, personal music devices are to be used with headphones only.
- f) Fitness Centre users are asked to notify Recreation Staff of any suspicious activity in the facility.
- g) During peak times, users are encouraged to share equipment by limiting time on cardio equipment to 20 minutes and allowing others to work in-between sets.
- h) Facility usage guidelines are to be established by the Recreation Manager and posted at the facility.

6. FITNESS CENTRE ACCESS POLICY

- a) The Fitness Centre can be accessed daily between 5 a.m. and 9:30 p.m., users must vacate the facility by 10 p.m.
- b) Each user requires a personal fob for access to the facility.
- c) Fobs are only effective for the duration of an active membership. It is the responsibility of the user to ensure their Fitness Centre pass is current.
- d) Under no circumstance are users permitted to share their personal fob. If a fob is used to access the facility by anyone other than the individual to which the fob has been assigned the fob will be deactivated and may result in termination of Fitness Centre privileges.
- e) A personal fob will be required to access the facility through the main entrance on the north side of the building and the shower rooms. Excessive use of a fob will terminate use until further notice.

7. PERSONAL TRAINER POLICY

- a) The Fitness Centre may be used by fitness trainers and other fitness professionals (referred to as “trainers”) to provide services to the community. Trainers must obtain permission from the Recreation Staff and are required to provide proof of certification and professional liability insurance.
- b) Individuals using the facility to provide services will be charged a 10% administration fee. Fees must be submitted on a regular basis to be determined by the Recreation Department and trainer.
- c) When using the Fitness Centre for personal training or monitoring more than 3 individuals at a time, the personal trainer must obtain pre-approval from the Recreation Department.

- d) Both the trainer and the trainee must have a valid Fitness Centre membership.

8. GENERAL CONDITIONS

- a) The Recreation Department reserves the right to close the facility for maintenance or special programs with limited access.
- b) This Policy shall be reviewed at least every two years to ensure that it is current and relevant.

POLICY TITLE: Fitness Centre Policy

POLICY #: 2018-01

EFFECTIVE DATE: June 12, 2018

ADOPTED BY COUNCIL ON: June 12, 2018

RESOLUTION #: **C18-19-24**

Original signed by:
Wayne Potoroka, Mayor

Cory Bellmore, CAO
