

FITNESS CENTRE ETIQUETTE

- 1) This fitness centre is unsupervised.** Please be cautious while using equipment and facility.
- 2) Immediately report any injury or equipment safety concerns to the on-duty staff.**
- 3) Appropriate gym apparel must be worn at all times, including a shirt and athletic shoes.** Flip-flops, clogs, slides, cleats, etc. **Socks and bare feet are not permitted.**
- 4) The facility is not responsible for lost or stolen personal items.** Bring your own lock, where required. Use designated lockers, cubbies, and wallet lockers to protect your valuables. Do not store your belongings on the floor, ledges or near equipment.
- 5) Use of personal transportation devices is not allowed inside the facility.** These include inline skates, scooters, skateboards, etc. and can only be brought inside if they can be carried and stored inside a locker.
- 6) Abide by equipment time limits when others are waiting.** Squat racks: 20 min. Cardio equipment: 30 min.
- 7) Use fitness equipment for its intended purpose following manufacturer's guidelines. Do not modify equipment.** Use controlled movements with safe technique and avoid dropping weights. *If you are unsure, ask staff for assistance.*
- 8) Clean equipment after use and return plates, weight lifting bars, dumbbells and fitness accessories to appropriate racks or shelves.**
- 9) Share equipment and space.** Allow others to work in between sets and do not monopolize equipment while texting, resting or talking. Phone calls (including hands-free) to be taken outside of the Fitness Centre.
- 10) Patrons may not bring their own lifting bars, cable attachments, TRX or gymnastic rings. Chalk is not permitted.** Permitted items are: lifting belts, bands, foam rollers, ankle/wrist weights, rollers, mats, hula hoops and skipping ropes (where space allows). *Staff reserve the right to limit items brought into the fitness facilities.*
- 11) Photography and video recording are not permitted in the Fitness Centre and fitness facilities including, Sauna's, Whirlpools, Steam rooms and change rooms.**
- 12) Using personal devices to play any audio out loud is not permitted. Headphones must be used.**
- 13) No outside Personal Trainers are permitted.** Only VPB Personal Trainers or VPB registered External Rehabilitation Specialists may train clients. If you are assisting a friend, you must be working out as well.
- 14) Pets, food, open containers, single use containers and glassware are prohibited.**
- 15) This is a scent-free zone, refrain from using perfumes and scented products.**
- 16) Minimum age to use the Fitness Centre is 13 years old.**
Children 12 and under are not permitted inside the Fitness Centre.

**PLEASE PAY ADMISSION OR SCAN YOUR PASS CARD
BEFORE ENTERING THE FITNESS CENTRE.**