

Cameron Heights Fitness Centre

Safety Guidelines and Facility Expectations

Before using the Fitness Centre all students must:

1. Have purchased a **Student Card (\$25)** and a **Fitness Membership (\$35)**
2. Go through a brief **training session** with a qualified staff member
3. Complete and **sign** this expectation agreement.
4. Bring this form and your student card to Phys. Ed. Staff in D153 for a sticker & pass holder.

Funds will go directly back into the upkeep and upgrading of the facility for current & future users.

Hours: Monday - Friday 11:15 to 11:45

Monday - Thursday 2:40 - 3:45 (closed the first Monday of the month due to Staff meetings)

All members will:

- **Display their pass daily.** Proof of pass must be shown to the supervisor **on a daily basis.**
- No food or drink allowed.... WATER ONLY.
- Students must **change in the change rooms.** Appropriate workout clothes are to be worn. -t-shirts, shorts, sweats, running shoes, socks, tights. **No baseball caps or tank tops.**
- We suggest you store **valuables and belongings in your locker.**
- **Use a spotter when using heavy or free weights.**
- Replace all plates, dumbbells, barbells, bars etc . to the proper location - the room is crowded and things left in the wrong places are a safety hazard.
Leave the room in as good or better condition than when you arrived.
- Respect the request of the staff member on duty.
- Identify any equipment that is broken or defective to the supervisor or other Phys. Ed. Staff.
- Wipe perspiration and oil from the benches, seats etc. after using them.
- It is suggested to bring a towel and water bottle with you.
- Refuse entry into the room of any students not working out or inappropriately dressed.

All members may bring their own personal sound system to listen to if desired.

I have read and I understand the safety guidelines and expectations in this contract and agree to abide by the rules as outlined. I realize that my card can be revoked at any time without the membership fee being reimbursed if it is determined that I am no longer a member of the Fitness Centre in good standing. I also realize that the room may be closed for short durations or permanently if my co-members and I do not enforce the rules mentioned above.

Student name: _____ Date: _____

Student signature: _____

Training session completed: Staff Signature: _____

I, the undersigned recognize that all athletic/fitness activities bear an element of risk to personal safety. In signing this form I hereby absolve Cameron Heights C.I. of any responsibility for personal damage or injuries incurred by the aforementioned student while using the Fitness Facility and/or its respective equipment.

Parent/Guardian Signature: _____ Date: _____
(If under 18 years of age)