

TIM HORTON EVENTS CENTRE

FITNESS CENTRE

RULES & REGULATIONS

1. All members and guests must sign-in upon entering the Facility.
2. No person may use the facility without first having signed the Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement in the form presented. Once executed, the Release will remain on file and applies to any subsequent admission or use, or any subsequent Membership Renewals. The Town of Cochrane reserves the right to require users of the facility to execute revised or new release forms from time to time.
3. No person under the age of eighteen (18) years of age is permitted in the facility unless accompanied by a parent or guardian.
4. All persons shall receive instruction from Staff as the use of all fitness and training equipment or weights before using such equipment or weights. Any person unfamiliar with the use or operation of any fitness or training equipment is required to ask for assistance before using the equipment.

5. Foot covering must be worn at all times in the facility as well as the entirety of the Tim Horton Events Centre. All footwear must be clean at all times as grit, sand or debris will seriously damage equipment components. **No street shoes are permitted.**
6. All person using the Facility must be properly attired in standard workout clothes (i.e.: leotards, gym shorts, jogging suits, etc.) while in the exercise areas.
7. All persons utilizing the Facility must wear shirts (covering chest and back) at all times.
8. Profanity and hardcore breathing is not allowed in the facility and persons using the Facility shall not yell across the room.
9. No sound system with speakers are permitted in the Facility other than the internal sound system used in the Facility. Only personal audio devices or MP3 players utilizing personal headphones are permitted.
10. No audio, video, or photographic recording equipment or cameras of any kind (including cell phones containing cameras) are permitted in any portion of the Facility.
11. All weights should be returned to proper racks when finished.

12. No littering or leaving debris on the floor of the Facility.
13. All persons utilizing free weights are required to use all safety equipment and locking devices provided.
14. All persons are asked to wipe down equipment and seats using towels and disinfectant supplied.
15. Weights are not to be dropped on the floor at any time.
16. Personal belongings are not allowed in the Fitness Centre. Leave in locker or lobby area.
17. All cardio machines are to be used a minimum of 20 min or more. If you just want to warm-up use the spin bikes.
18. Any persons intending to provide personal training services within the Facility must first provide and obtain the following:
 - (a) Documentary proof of certification as a Personal Trainer, satisfactory to the Fitness Centre Manager;
 - (b) Proof of valid liability insurance coverage to the Fitness Centre Manager;
 - (c) An executed Indemnity Agreement agreeing to indemnify the Corporation of the Town of Cochrane, for any claims or losses, in a form to be provided by the Fitness Centre Manager

(d) Before providing any personal training services to any person in the Facility. All requests for permission to provide Personal Services shall be received by the Fitness Centre Manager and approved in writing. The Fitness Centre Manager shall retain exclusive discretion to approve or deny any request by any person to provide personal training to persons within the Facility.

19. Despite the fact that The Town of Cochrane requires approval of all personal trainers who intend to use the Facility, The Town of Cochrane is not responsible for the conduct or activities of any personal trainers providing private personal training services to persons using the facility or the persons receiving guidance and training from such personal trainers.
20. All signs posted in the facility shall also be considered as part of Rules and Regulations.
21. Memberships are non-assignable and non-transferable to other persons.
22. Charges and fees for services and use of the Facility are subject to change as deemed necessary by The Town of Cochrane.

23. In the case of memberships, no refund shall be made for membership dues paid except if the person purchasing the membership dies or becomes permanently disabled in the opinion of the Town of Cochrane, based upon medical information supplied by the person purchasing the membership. All refunds shall be extended on a prorated basis. The term “disability” means a condition which precludes the person having the membership from physically using the Facility and such condition as verified by medical information and “permanent” means for more than six months. No refund shall be given for temporary disabilities or injuries or other reasons preventing the attendance of the member for use of the Facility
24. Any person who is loud, offensive, and bothersome to other persons or behaves otherwise in unbecoming manner or in a manner which results in an infraction of the Rules and Regulations, may be suspended or expelled without refund of the membership fee paid, and the unused portion of the membership fee shall be forfeited to the Facility.
25. Hours of operation for the Facility shall be posted and are subject to change as utilization dictates.
26. The Tim Horton Events Centre is a non-smoking building.

27. Alcohol and illegal drugs are prohibited. Persons are not permitted in the Facility while under the influence of alcohol or narcotics or illegal drugs, or under the effect of any prescription drugs which may impair their responses, induce drowsiness, or affect their balance or coordination.
28. The Facility may be used only by persons whose membership is in good standing or who have paid the fees as posted.
29. The Town of Cochrane is not responsible for lost or stolen items.
30. No solicitation is allowed in the Facility.