

FITNESS AREA GUIDELINES

With a focus on promoting an inclusive, safe, and enjoyable experience for all patrons, the City of Red Deer Fitness staff requests that everyone commits to the following guidelines.

General Guidelines

- Individuals are encouraged to complete a Fitness area orientation to familiarize themselves with the area and equipment.
- All youth aged 13-17 are required to complete a mandatory youth orientation. Parental/guardian approval is required.
- All youth aged 13-17 must have appropriate shoe tags visible while using the Fitness area.
- Children **under** the age of 13 are **not** permitted in the Fitness area unless supervised by Fitness staff in a registered program OR walking/running on **Track ONLY** within arms reach of the parent.
- Personal Training/Coaching is prohibited.
- People are expected to show respect for others, the facility and the equipment. Foul language, weapons, fighting or abusive behaviour will not be tolerated.
- Breathing perfumes, body odor or hair products could be hazardous to some people's health. Please be considerate of other patrons and refrain from wearing perfumes or colognes.
- As a courtesy to other individuals, please limit your cardio workouts to 30 minutes during peak times.
- Clean clothing that allows freedom of movement (no jeans permitted) and athletic footwear must be worn at all times. **No sandals, bare feet or open toes shoes are permitted.**
- All visitors are required to cover their top and bottom in this space.
- To keep the Fitness Area, studios, and track area clutter-free, everyone is required to store their personal belongings such as day packs, coats, purses, etc. in the lockers provided.
- For everyone's safety, please bring water drinks in re-sealable plastic containers only. No glass containers please!
- We ask that all patrons notify Fitness staff immediately of any equipment in need of repair, hazardous situations, or accidents.
- Any items lost or found will be sent to the LOST & FOUND located behind customer service.
- The City of Red Deer and their staff are not responsible for any lost or stolen items.

Use of Resistance Equipment in ALL Workout Zones

- A spotter is strongly recommended when using free weights.
- Always use collars on the barbells and return all plates and dumbbells to the appropriate racks after use.
- Do not bang weight racks on resistance machines or drop free weights. This may not only break the plates and weight, but reduces the intensity of your workout.
- Note there is absolutely no **CHALK** use permitted at City of Red Deer Fitness facilities.
- All Youth 13-15 will NOT be permitted to use the Power Lifting zone until the age of 16.
- All youth 16+ must have been orientated and provided an alternate shoe tag for use in the Power Lifting zone.

Fitness Track Area

- Please follow directional signage/daily signs at all times. Walkers to the outside BLUE lane and runners to the other inside lanes
- Anyone not using the Fitness track/Fitness area for its purpose will be asked to leave the area.