

FITNESS AREA GUIDELINES:

- Individuals are encouraged to complete a fitness area orientation to familiarize themselves with the area and equipment.
- All participants must wear a wristband.
- Fitness studio participants must provide the instructor with a drop-in class card at the start of class.
- The City of Red Deer is not responsible for lost or stolen belongings. Leave valuables at home.
- Please place personal belongings in a locker before using the fitness area, studios and track. Locker tokens are available for purchase.
- Water or sports drinks in a sealed plastic container are permitted. Water filling stations are available.
- After use, wipe down equipment and clean up your area; return equipment, unload bars, pick up dumbbells, return benches.
- Please do not drop free weights or weight stacks.
- Always use collars on bars.
- A spotter is strongly recommended when using free weights or powerlifting zone.
- If you are unfamiliar with the use of equipment; please ask a Staff person for help.
- Hand chalk is not permitted.
- Sign-up boards are used at the Collicutt Centre for use of cardio equipment.
- Headphones are required for personal listening.
- Personal Training/Coaching is prohibited. Instruction on City owned equipment can only be provided by City of Red Deer Fitness Staff only.
- Classes and instructors are subject to change without notice.

YOUTH GUIDELINES:

- Youth must have appropriate shoe tags visible while using the fitness areas.
- **Collicutt Centre & G.H. Dawe Community Centre:** Youth aged 13-17 are required to complete a youth orientation prior to use of the fitness area. Parental/guardian approval is required.
- Children aged 11-12 years must always work out directly with a parent within arm's reach (on the same machine or one beside them). Children aged 10 and under are not permitted in the fitness area.
- **Recreation Centre:** Youth between the ages of 16-17 years old must complete an orientation to use the fitness area. Youth under the age of 16 years are not permitted.

WALKING/RUNNING TRACK

- Please look both ways before entering or crossing the track.
- Please always follow directional signage. Track direction changes daily.
- The blue lane is designated for walking. Please pass other patrons on the inside.
- Children 12 and under must be within arm's reach of a parent/guardian.

ETIQUETTE:

- People are expected to show respect for others, the facility and the equipment. Foul language, fighting or abusive behaviour will not be tolerated.
- As a courtesy to other individuals, please limit your cardio workouts to 30 minutes during peak times.
- Be considerate of all other users and give equal opportunity to access equipment between sets.
- Please arrive on time for registered and drop-in programs. No late entry will be permitted.
- People may be sensitive to scents, please be considerate.

The personal information contained on this form is collected under the authority of the Municipal Government Act Section 3 and will be used for the purpose of registration and administration of recreational programs. If you have any questions about this collection, please contact the Safe and Healthy Communities Manager, The City of Red Deer, Box 5008, 4914-48 Avenue, Red Deer, Alberta, T4N 3T4 or telephone (403) 342-8100