

## **FITNESS AREA USER GUIDELINES**

### **GENERAL GUIDELINES:**

- Individuals are encouraged to complete a fitness orientation to familiarize themselves with the area and equipment.
- Wear indoor-only closed toe and heel athletic shoes and appropriate gym attire. Choose comfortable clothing that facilitates unrestricted movement. Jeans or clothes with grommets/buckles are not permitted.
- All participants must wear a wristband.
- 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.
- Fitness studio participants must provide the instructor with a drop-in class card at the start of class.
- Classes and instructors are subject to change without notice.

### **YOUTH GUIDELINES:**

- Youth aged 13-17 are required to complete a youth orientation prior to use of the fitness area. Parental/guardian approval is required.
- Youth aged 16+ are required to complete a separate orientation to use the powerlifting zone at the G.H. Dawe Community Centre.
- Youth aged 13-17 must have appropriate shoe tags visible while using the fitness area and power lifting zone.
- Children aged 11-12 years must always work out directly with a parent (on the same machine or one beside them). Children aged 10 and under are not permitted in the fitness area.

### **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.