

# Fort Nelson Fitness and Athletics

## Personal Code of Conduct

In addition to the policies we must abide by, there are also rules. The purpose of establishing rules is not to restrict the rights of anyone, but rather ensure a safe and welcoming environment for everyone who chooses this facility as their place to train. There are two categories of rules, misconduct that will be subject to reporting to the authorities and rules, which will be enforced by staff. Failure to comply can result in holds, suspensions or terminations of memberships without refund.

As a business operating in BC, Fort Nelson Fitness and Athletics reserves the right to hold, suspend, terminate or deny membership without refund.

### Legally Enforceable Misconduct:

Deliberate destruction or damage of FNFA property or property of fellow members

Wilful mishandling of any equipment

Theft of property of FNFA or members

Entering the premises under the influence of alcoholic beverages or illegal drugs

Possession of or drinking alcoholic beverages or illegal drugs within the facility

Fighting in the Facility or at FNFA programming

Creating or contributing to unsafe or unsanitary conditions

### Staff Enforced Conduct:

Wear appropriate exercise attire, including clean indoor footwear

Wipe down ALL equipment and USED surface areas with the disinfectant provided

Liquid chalk ONLY

Approved personal training ONLY

RESPECT the space of your fellow gym members and keep your distance

Keep gym bags secured in the locker room. We are not held responsible for any lost, damaged or stolen items

Shower use is 10 minutes max.(CLOSED DUE TO COVID RESTRICTIONS)

No dropping and banging dumbbells, plates and weight stacks. Set stacks to the lowest setting after use.

Return all equipment to its proper spot when finished.

No one without a signed waiver or valid membership is to enter the gym after hours unless previously arranged with management.

Must be at least 16 years of age to use the Fitness Center unaccompanied or after hours. 12 -15 year olds must be accompanied by an adult who is familiar with the gym or during staffed hours only. 14 and 15 year olds may be deemed responsible to enter after hours after a three months of consecutive membership.

Must be 18 years of age to use tanning facility.