

CENTENNIAL PLACE FITNESS CENTRE: MEMBER CODE OF CONDUCT

Members are expected to behave in a manner consistent with this Code of Conduct and **WILL**:

- Keep safety in mind at all times and exercise at your own risk
- Be courteous and respectful to other members and staff; verbal or physical abuse/harassment will not be tolerated (including the use of profanity or other inappropriate language)
- Consult with fitness staff, if unfamiliar with the equipment, or safe exercise principles
- Treat Fitness Centre property and equipment in a proper manner to avoid damage or injury; return equipment used to its proper storage place
- Use safety collars/clips on all weight bars
- Allow others to "work in" with them, when performing multiple sets on a machine or bench (everyone has limited time to exercise and the equipment must be shared by all)
- Clean/sanitize machines, benches and mats after use and deposit soiled towels into the bins provided
- Wear appropriate fitness clothing and launder their clothing prior to each workout; shoes are mandatory (except for some yoga/Pilates mat workouts)
- Contact staff on duty, if they wish to show/tour a co-worker, or new hire, through the facility
- Use a lock on any locker used to store personal belongings

Members **will NOT**:

- Drop dumbbells, barbells or other equipment, which could cause damage or injury, or disrupt other members unnecessarily
- Take/make phone calls on the weight floor
- Use hand chalk or other products that leave a residue on the equipment
- Shave in the showers or use a cell phone inside the locker room
- Interrupt classes while they are in session (please arrive on time for classes)
- Attempt to "train" or instruct other members, whether pre-arranged or unplanned, regardless of whether the member feels that they have sufficient knowledge to do so (only LIVunLtd staff are permitted to train members)
- Attempt to bring a non-member or outside Personal Trainer/Instructor onto the premises
- Leave personal belongings in the locker room when not using the facility

Members who do not comply with this Code of Conduct will be given a warning, may be asked to leave the premises, and may have their membership privileges suspended or cancelled.

Member Signature*: _____

Date*: _____