



## USER RULES & REGULATIONS

### GENERAL – ALL RECREATIONAL FACILITIES

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7. All bags, jackets, outdoor shoes are to be stored in lockers and are not permitted in the Fitness Centre.
8. Do not drop weights or damage equipment.
9. Use of collars on barbells is mandatory at all times.
10. Equipment is not to be removed from the Fitness Centre. Weights must be restacked after use.
11. During peak hours or when others are waiting, limit time on cardio machines to 30 minutes.
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9. Bags, jackets, and outdoor shoes are to be stored in the assigned lockers while using the field. Alternate storage arrangements must be approved at management's discretion.
10. Teams will be assigned a changeroom and a locker key by facility staff. Keys are to be picked up by one team representative in exchange for car keys. Return the locker key when your team has finished using the change room. Replacement fee for lost locker keys are \$25.
11. Change rooms are scheduled on a rotating basis with other users in the facility. When your team is on the field, another team may be scheduled to use your change room. You will be allowed to enter your change room 15 minutes prior to your rental time and exit within 15 minutes afterwards. Do not switch change rooms/lockers with other teams/users.
12. Dispose of trash or recycle items from bench areas and change rooms when finished.
13. Allergy Alert: the field is composed of rubber, please alert anyone with latex or other applicable allergies that may

***Rules and Regulations are subject to change without notice.***

***The user understands and agrees to comply with particular rules and requirements of each facility.***