



Fitness Centre Membership Guidelines

1. Club Usage

Members may use the club during its regular hours of operation which are:

Monday-Friday: 6am - 10pm

Saturday & Sunday: 9am - 6pm

Please note: The fitness centre is closed during most Statutory holidays.

There is no limit on how often you use the fitness centre. Please secure your membership card at all times. There is a \$5 fee to replace lost cards.

2. Guest Policy

If you are interested in bringing a guest to use the fitness centre, please visit the Town Hall (331 Main St., 613-396-2440) to purchase a day pass. Only members with membership access cards are allowed to use the facility. Any member found giving access to a non-member or expired member may lose their membership privileges.

3. Change Rooms, Lockers & Shower Facilities

There are men's and women's change rooms equipped with a shower located in the fitness center. Members are required to bring their own amenities (such as towels, soap/shampoo & other personal toiletries) to the fitness centre each time when using the facilities. Change rooms are equipped with lockers for members to store belongings in while using the fitness centre. Be sure to remove your lock and any personal belongings when you leave. Please use a respectable amount of time when showering, as other members may need to use the shower as well. Please leave the shower & change rooms in good condition for the next person.

4. Equipment Usage

Wipes are provided for cleaning equipment when you are finished using it. During busy times, please limit your time on machines to 20 minutes and allow others to work-in with you on equipment.

5. Age Restrictions

Persons under the age of 16 are prohibited from using the fitness centre for safety & liability purposes. Members violating this policy will be notified by management and could lose all membership privileges.

Members aged 16-17 must be accompanied by an adult aged 18 & over with a valid membership, at all times while using the facility. Parents/Guardians of members under the age of 18 will be required to sign the membership agreement on their behalf.

6. Entertainment

The fitness centre is equipped with a television and radio. You may listen to any of the available radio or TV channels being broadcast in the fitness centre. The stereo and remote control for the TV are on the counter by the fitness centre entrance. The remote control must not be removed from the front counter at anytime. Please respect other members at all times when using the radio and TV.

7. Safety and Security

The fitness centre is under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building. A courtesy telephone is located on the front counter next to the entrance. The fitness centre address and emergency contacts are posted next to the telephone.

Individuals with health problems should never exercise alone. Individuals with health questions or concerns should not begin an exercise program without consulting your physician first.

Use the courtesy telephone if you or another member requires emergency medical, fire or police assistance.

Do not admit anyone who does not have a membership card. Non-members wishing to view the fitness centre need to obtain an access card from the Town Hall. You agree to not let anyone in the fitness centre for any reason unless they identify themselves as facility staff or emergency personnel. Do not allow another person to enter the fitness centre with you at the same time you enter (only one person may enter per card scan). Do not allow anyone else (including family members) to use your key card, or scan anyone in, or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Please respect this policy. Failure to comply with the fitness centre security policies could put yourself or others at risk for injury or harm, and could result in the loss of membership privileges.

8. Severe Weather

In the case of a severe weather warning e.g. tornado/high winds, please take shelter in the fitness centre change rooms. Do not attempt to leave the building until the all clear has been issued from an employee or emergency personnel. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

9. Power Outage

In the event of a power outage, there are emergency lights that will light. The door to the fitness centre has a failsafe latch which will allow you to exit the fitness centre without power to the door strike. You will not be able to enter the fitness centre during a power outage.

10. Fire

In the event of a fire, or if you smell or see smoke, exit the building immediately. Call 911 immediately from a cell phone or nearby residence. Do not stay in the building.

11. Injury and First Aid

In the event that you or another individual becomes injured, you have several options:

- For minor injuries, (cuts, abrasions, etc.) a first aid kit is located on the wall by the front entrance.
- There is an AED (automated external defibrillator) mounted on the wall by the front entrance.
- For serious injuries that need medical treatment dial 911 from the courtesy phone.
- Report all injuries (no matter how minor) to the fitness centre by speaking to the on duty community centre employee or calling 613-396-3432 and leaving a message (if after hours). A fitness centre representative will follow-up with you in 24 hours.

12. Parking and Building Access

Members may use the Community Centre parking lot or adjacent side streets. Please use caution in the parking lot and common sidewalks. There is an accessible sidewalk/ramp located on the east side of the building that connects to Mechanic St.

13. Proper Attire and Hygiene

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the equipment. Shirts and shoes must be worn at all times in the facility. For your safety, street shoes, open toed sandals, boots, and excessive jewellery are not permitted. Clean workout clothing is required.

Please practice good body hygiene and avoid heavy perfume or cologne. Your clothing should be kept to a modest style since both men and women use the club. Please be considerate of others.

14. Lost or Stolen Items

The Deseronto Fitness Centre is not responsible for lost or stolen items. If you feel you have left something in error, please notify the fitness centre and we will be happy to look for you. Valuables are best left in your locked automobile or not brought to the fitness centre at all. If you find a lost article, please leave it with an on duty community centre employee or place it in the Lost & Found box located under the front counter near the entrance.

15. Vending

The fitness centre is equipped with a beverage vending machine.

16. Membership Cancellation

Members can cancel their membership at anytime for reasons of non use. If you purchased a membership that you would like to cancel early, please visit the Town Hall in person at 331 Main St. between the hours of 8:30am – 4:30pm, Mon-Fri. Membership cards must be returned upon cancellation or non-renewal. Members cannot transfer their membership to another person. Members will receive a refund equivalent to the dollar value of the remaining membership time.

17. Membership Renewal

Membership cards are programmed to expire at 11:00pm on the last day of your membership term. Please keep track of your membership expiry date and be sure to renew it before it expires so you don't experience any interruption in your use of the fitness centre. If you choose not to renew your membership, please return your card to the Town Hall or Community Centre.

18. Equipment and Usage

The fitness centre has many different types of equipment to help you achieve your fitness goals. Please ask an on duty employee or fitness centre volunteer if you are unsure how a piece of equipment works. Here is a general list of reminders about the equipment here at the fitness centre.

If there is any equipment that is malfunctioning or needs adjustment, please do not use or try to repair it. Please call the community centre number (613-396-3432) from the courtesy phone immediately (you will be connected with an employee or be prompted to leave a voice mail if after hours), and the issue will be addressed.

CARDIOVASCULAR EQUIPMENT

This is the exercise you will need to efficiently burn body fat and keep your heart and body in good condition.

Treadmills - Treadmills allow you to walk or run in place using a belt driven by an internal motor. Before beginning a workout on a treadmill:

- Make sure the treadmill belt is stationary.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Make sure treadmill is plugged into wall and the display is lit.
- When finished, be sure to let belt come to a complete rest before dismounting.
- NEVER attempt to mount a treadmill with the belt running.

Bikes – The electronic displays for the bikes (both upright and recumbent) work when you begin to pedal. Before beginning a workout on a bike:

- Adjust your seat before beginning.
- Use the foot straps to prevent slipping.
- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.

Elliptical total body trainers - The electronic displays for elliptical trainers work when you begin to pedal. Before beginning a workout on an elliptical trainer:

- Make sure to tie your shoes, secure personal stereos, and dangling jewelry.
- Keep both feet on pedals while using.
- Make sure pedals come to a complete stop before dismounting.

STRENGTH EQUIPMENT

All strength equipment is designed to perform 1 or 2 basic movements (i.e. pec deck and rear delt). Before beginning a workout with our strength equipment:

- Adjust your seat to the appropriate level.
- Adjust the weights to your appropriate level.
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Abide by all posted cautions and warnings on equipment.
- Keep hands and feet away from weight stacks, moving parts, and cables while in motion.
- Use appropriate hand and foot grips.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Do not try to adjust or modify the equipment with additional weight, cables, or the like.
- Do not bang or drop the weight stacks.

FREE WEIGHTS

Free weights e.g. dumbbells are designed to give you total range of motion in a movement. Before beginning a workout with free weights:

- Secure all loose clothing, personal stereos, and dangling jewelry.
- Select the weights suited to your individual ability.
- Abide by all posted cautions and warning on equipment.
- NEVER sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- Always lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift weight on a bench that you cannot lift.
- NEVER drop or throw weights. Use appropriate bar racks and standards.
- Always replace weights when finished. Weights on the floor present a tripping hazard.

Resistance Equipment—Resistance training is the type of exercise you need to help maintain or build lean muscle tissue where body fat is burned for energy.

- Do not slam or bang weights. If you are slamming weight stacks, you are using momentum to lift the weight. This is a sign that you are trying to lift more weight than you can handle. Reduce the amount of weight and do a controlled lift, making the isolated muscle do the work.