

All customers of the Fitness Centre (FC) must follow and abide by the following policies to be allowed into the Centre. These policies are in place to ensure the safety of our customers and equality of services provided.

- **General Respect:** All customers are expected to adhere to the University of Calgary's Code of Conduct Policy where people are treated with respect and dignity. Violation of this code may result in loss of access.
- **Valid Entry:** All customers must have a valid Unicard, Day Pass wristband, be in a registered Active Living Program or have a track booking to access the FC. All customers must check in at the FC front desk prior to accessing the Centre.
- **3-Strike Policy:** The 3-Strike Policy is in place to ensure people are paying to use our centre and its services and to allow efficient access to the centre by encouraging members to bring their UCID cards. Members are permitted three entries per academic semester without their UCID, after which they must show photo ID to prove their identity and must pay a day pass fee to access the facility. Once they have paid a day pass fee, the three strikes can be zeroed.
- **Temporary ID:** When using a Temporary ID another piece of photo ID must be presented at the gate to enter.
- **Age Restrictions:** All users of the FC must be 17 years of age or older to ensure safe use of equipment and to minimize the risk of injury. Anyone between the ages of 14 – 16 years old who wishes to use the FC must complete an orientation with a legal guardian who will also need to supervise them while they use the FC in the future. Anyone 13 years of age or under are not permitted in the FC.
- **Conflict of Interest:** Trainers, instructors and/or coaches providing exercise instruction within the FC must be employed by the University of Calgary and/or have an official facility booking.
- **Proper Gym Attire:** Properly fitting athletic attire consisting of a top and bottom is required, with adequate coverage of all private areas. Clothing containing denim, zippers, buttons, or other abrasive material is not allowed as it damages the upholstery on equipment. Clean, closed-toed footwear must always be worn.
- **No Large Bags or Jackets:** Large bags, duffle bags, backpacks, and large jackets are not allowed in the FC as they can be tripping hazards, take up essential space, and equipment can be smuggled out of the Centre. Small drawstring bags are permitted. Customers are encouraged to lock all their bags, jackets, and personal belongings in lockers located in the change rooms near Client Services (KNA 104).
- **No Dropping Equipment:** Weights and equipment must be put down in a controlled manner. Dropping weights is not permitted unless using bumper plates and a platform. Collars are required on all free weight bars to prevent injury and damage to equipment.
- **Food and Drink:** Beverages are permitted provided they are in a non-leaking container. Food is not allowed at any time.
- **Scent-Free Facility:** The FC strives to be a scent-free environment. To avoid impacting other experiences, users are encouraged to launder athletic clothing frequently, bathe regularly, and avoid wearing heavily scented personal products.
- **Punching Bag Usage:** We do not permit face-to-face (e.g., partner) sparring or martial art training. This includes no-contact sparring, light-contact sparring, mitt training, pad training, and practicing holds, throws, or ground grappling. We provide one heavy bag for individual training on the track level. It is strongly recommended that protective gear such as hand wraps, padded gloves, and or shin guards are worn when using the heavy bag.

Etiquette

- **Disinfecting Equipment:** Customers are encouraged to wipe down equipment after use. To prevent overspray and damage to equipment, customers should spray directly into the towels and use the damp cloth to wipe the equipment. Customers are encouraged to only use one towel for the duration of their workout and place in the 'Used' bins throughout the Centre when complete.
- **Chalk Usage:** Use of chalk is permitted provided customers bring their own and clean up chalk residue when they have finished their exercise.
- **Returning Equipment:** Please return all equipment to its original location after use.
- **Track Etiquette:** Please respect lane directions on the track. If crossing or entering track area, please yield to runners/walkers using the track lanes. Please respect lane bookings. Equipment is never allowed to be left on the track.

Media and Photography

- All media entry to the FC must be pre-approved by the Kinesiology Director of Marketing and Communications.
- Customers are only permitted to take videos or pictures of themselves or individuals who have provided informed consent within the Centre. Should customers believe videos or pictures have been taken of them without their consent, they can report it to an FC staff member or Campus Security.