



Rules and Regulations

Fitness Centre:

- You must be 16 years of age to use this room or be under the direct supervision of an adult.
- Proper exercise attire (shirt and shorts) and athletic shoes required.
- No food or drink allowed in the weight room (a plastic water bottle with a lid is acceptable).
- Always remove weights from bars and return all weights to proper racks return additional machine weights and bench/incline pins to standard position.
- When using the free weights, always use spotters.
- Do not drop bars or lean plates against equipment.
- Do not alter or abuse machines and free weight area with reckless technique or improper use.
- Do not lean against or put your hands on the mirrors.
- Horseplay or unsafe activity is not acceptable behaviour in the weight room.
- No tobacco products allowed in the weight room.
- We encourage you bring your own towel to wipe the machines after use; we will not provide towels for personal use. The machines will be cleaned daily by facility personnel.
- Personal music players and iPods are encouraged; any larger devices will not be permissible.
- The use of profanity will not be tolerated.
- Do not prop open doors to the weight room.
- No, book bags, fanny packs, jackets, etc. should be left lying on the floor.
- Slamming or dropping weight stacks or free weights is prohibited.
- Medical check-up and approval by personal physician before participation in any physical activity is highly recommended especially for men over 40, women over 50, and persons with any potentially limiting physical condition (pregnancy, back or heart problems, diabetes, etc.).
- A Spotter Must Be Used on all Free Lifting Stations. Example: Bench Press, Incline Press, Squats, Power Cleans, etc..
- Keep hands, feet, hair, etc. away from moving machine parts.
- Do not hang, climb, jump, etc. on the equipment.
- No equipment shall leave the weight room at any time.
- Use of cardio equipment limited to 20-minute intervals when busy and Individuals are waiting.
- Do not remain on equipment between sets, be courteous, and leave equipment promptly.
- Wipe down equipment as needed after use, paper towels and disinfectant provided.

ID Fobs:

- *I.D. fobs may not be shared. Anyone found using someone else's I.D. fob will be asked to leave the facility. This could also warrant suspension or termination of the membership.*
- *A \$10 fee will be charged to replace a lost or damaged Fitness Center I.D. fob.*
- *No tailgating; do not allow other people to tailgate.*



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Participants Exercise at Their Own Risk!

We strongly recommend that all individuals consult a physician before beginning any physical activity.

Failure to adhere to any policies may result in loss of privileges.

Initial: _____



Racquetball/Squash

Racquetball and/or squash may be available in accordance with the terms of your membership. Additional fees may be charged. Eye guards should be worn for your safety. Please follow all posted signs carefully. Advance reservations privileges vary by membership plan-please consult your contract and your club for specific privileges. Racquetball and squash reservations are taken by phone or in person at the front desk. Time of play is limited to one hour. No gym bags or any equipment may be left outside the court. Court time will be forfeited and full court fees charged if you fail to arrive within 15 minutes after your scheduled time. Full court fees may also be charged if you fail to cancel a court reservation at least three hours in advance.

All players must check in at the Control Desk prior to entering their reserved court. ID is required for verification. Failure to check in by 15 minutes past the scheduled playing time will result in court forfeiture and courts will be reassigned to those on a first come, first served basis

1. Must receive proper advance training to be authorized to move racquetball/squash walls.
2. Racquets and balls are available for use at the equipment room. Equipment borrowers assume full responsibility for equipment issued.
3. Courts are open during posted hours.
4. Users are strongly encouraged to wear protective eye gear when using the courts.
5. Appropriate exercise attire such as t-shirts; soft-soled, non-marking closed toe athletic shoes; and athletic pants/shorts is required at all times. Sandals, bare feet, jog bras, steel-toed boots and jeans are not permitted.
6. Personal belongings must be kept in a locker or cubby where they are available.
7. Water must be in enclosed, unbreakable container. Food, chewing gum and drinks are prohibited.
8. The use of cell phones is prohibited.

Racquetball and Squash Court Reservations

1. Courts are available for reservation by members and may be reserved up to one day in advance by coming in person during regular hours of operation. Member ID information will be required at time of reservation request.
2. Members/groups may not book more than 1 hour of playing time per day without advanced PERA department approval.

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Climbing Wall

General

1. Before using the wall all users must check in the front desk and be given a wall orientation.
2. Please use family-friendly language only.
3. Every climber must sign a waiver of liability (Appendix C). Any climbers under the age of 18 must have a waiver signed by their parent or legal guardian
4. Use of the facility while under the influence of alcohol or drugs is prohibited
5. In order to belay, belayers must be experienced, and complete a belay test with qualified staff. No instruction will be given by staff before the test takes place. Those who have no experience must take a beginners rock climbing training course, which will be offered intermittently throughout the year.
6. If a belayer is absent for longer than one year from the climbing wall, they must retake the belay test.
7. Only the wall surface and climbing holds may be used for climbing.
Never place fingers, hands, or feet on the metal bolt hangers or anchor chains.
8. Never climb past, or unclip, the top climbing anchors.
9. Proper athletic attire must be worn; shirts must be worn at all times.
10. Remove rings, wrist jewelry, and all other loose jewelry before climbing. Tie back long hair.
11. No eating or drinking in the climbing wall area except for water bottles.
No chewing gum allowed in the climbing wall area. Clean, dry, indoor-only footwear must be worn.
12. The ropes to the left and right of the right angle corner in the climbing wall (ropes 4+5) may not be used simultaneously.
13. Climbers may only bring the equipment necessary for climbing on to the wall.
Never drop anything while climbing on the wall.
14. Chalk must be used respectfully.
15. Climbers may only climb the routes designated for the rope to which they are attached.
16. Only staff is authorized to set routes and perform maintenance on the walls. If you would like to set a route, do so with staff permission and supervision.
17. Do not walk under climbers or ropes. Do not swing on the ropes.
18. Please belay from a standing position
19. Climbing commands must be used at all times.
20. Staff has the right to check your personal climbing equipment for safety concerns.
21. Every climber must use a figure eight follow-through knot and barrel knot.
22. If the Rockwall staff have not personally shown or authorized you to do something, do not do it.
23. Staff has the right to enforce any additional rules if they feel the situation is unsafe.

Bouldering Policies

1. The feet of the climber may be no higher than the red line at any time while bouldering.
2. Mats must always be in place while bouldering.
3. Do not boulder under another climber.
4. Always land on your feet when bouldering
5. Always keep personal gear away from the bouldering wall landing area.
6. Spotters are strongly recommended.
7. While bouldering, be aware of launching or throwing for a move with other climbers and bystanders near.



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8. While watching others boulder, please stand out of the way of their fall line.

Belayer Competencies

Those members of the public wishing to belay other visitors must:

1. Be of 13 years of age or older;
2. Successfully complete the belay test
3. Demonstrate proper safety techniques at all times;
4. Retake the belay course if absent from the wall for more than one year.

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