

POLICY: Health & Wellness Fitness Centre Usage & Guidelines
APPROVED BY EXECUTIVE COMMITTEE: July 19, 2017
SUPERSEDES POLICY: New

PURPOSE: To provide guidance regarding the purchase of memberships and use of the Fitness Centre on the campus of Sault College.

SCOPE: This policy applies to all current Sault College students regardless of age, Sault College employees, Sault College retirees, Sault College alumni, and community members at least seventeen years of age and older.

PROCEDURE:

General Information for Use of Fitness Centre

1. The Fitness Centre (the weight room, the group exercise room, the walking track, and the locker and shower rooms), is normally open from 6:45 am to 9:00 pm, Monday – Friday, plus Saturdays and Sundays from 7:45 am to 6:00 pm. The Fitness Centre can and will modify hours of operation and/or close the facility, with advance notice, for any reason including, but not limited to: statutory holidays, sporting events, academic/institution events, or college-wide closures (i.e. winter/holiday break).
2. The Fitness Centre is accessible to all current Sault College students regardless of age, Sault College employees, Sault College retirees, Sault College alumni, and community members at least seventeen years of age and older.
3. Any individual granting access to the Fitness Centre to anyone under the age of seventeen, or to any person who has not signed the par-Q and waiver, will lose all future privileges to usage of the Fitness Centre and will have their access revoked.
4. The doors to the Fitness Centre are always locked and closed, including during usage. Access to the Fitness Centre is gained by electronic ID badges issued to authorized individuals who have signed the Fitness Centre membership, par-Q and waiver form. The ID badges are to only be used by the person to whom they are assigned. The ID badge is the individual's responsibility and may not be duplicated, or given to any other person, for any reason. Approved access will be for the term of their paid membership or the current academic year (Sault College students). A new par-Q form must be submitted each subsequent year or whenever an individual's health condition changes.
5. If a badge is lost or stolen, the individual assigned the badge shall immediately report it to the Athletic Department. The individual will be responsible for the replacement fee at a cost determined by Sault College.
6. Those who use the Fitness Centre assume all risks associated with their use of the equipment, room, or any physical activities during usage of the Fitness Centre.

7. Users of the Fitness Centre are responsible for cleaning the equipment after their usage. Disinfectant wipes are provided and must be used to clean any perspiration or other body fluids off the equipment, pads, or any other area they come in contact with.
8. The Fitness Centre staff will provide general housekeeping and maintenance of the Fitness Centre facilities. Any equipment that becomes worn out or damaged should be reported to the Fitness Centre Coordinator in order to maintain these in a safe operating manner.
9. An individual's usage of the Fitness Centre may be terminated by staff for non-compliance of membership guidelines, disrespecting the facility, staff, or other members.
10. This policy and rules are subject to change at any time, without notice to the users of the Fitness Centre. Any changes to the policy will be posted and users of the Fitness Centre are liable to follow all changes as made.