



PICKLE LAKE FITNESS CENTRE – RULES

- * Members must be 18 years or older to have an Access Key
- * Members under 18 and over 14 must be accompanied by a responsible adult at all times when in the Fitness Centre
- * Membership must be paid in full prior to using the Facilities
- * All members are required to sign a release form prior to using the Facilities for the first time
- * Please put weights away when finished. Do not bang together or drop weights. A spotter must always be present when lifting, or attempting to lift, weights that may be greater than the lifter's capabilities
- * Clean equipment after use (spray bottles and towels are provided for your use)
- * Ensure all windows are closed, all lights are off, prior to leaving the building
- * No food on or near the equipment * No outdoor footwear in the Facility
- * Tops must be worn at all times * No powdered chalk
- * No foul language including any personal music brought into the Fitness Centre
- * No socializing/lingering on equipment * No horse play around the equipment
- * Non-members are not permitted in or around the Facility. The minimum age to enter the Fitness Centre is 14, and all must be members. Children under 14 are not permitted to accompany adult members at any time.
- * Do not use any equipment which appears to be damaged or fails to work in the proper manner. Contact a member of the Recreation Committee immediately to alert them of the equipment problem.
- * Failure to follow any of the above rules may result in forfeiture of your membership without reimbursement.
- * Pickle Lake Fitness Centre is an unsupervised facility, so members are required to act honourably and honestly at all times. If you see someone not abiding by the above rules, please advise a member of the Recreation Committee, including date and time, along with the person's name.
- * If you are unsure of a person's intent, age or valid membership, do not open the door for them. You will be held responsible for any damage perpetrated by someone you have let in.