

## FITNESS RULES AND REGULATIONS

### Entrance Requirements:

- All users must check in at the Customer Service Desk each time they enter the facility
- Wristbands must be worn and visible when required; policy (REC-08-03) requires anyone participating in a class/multiple classes must check in at the customer service desk for each
- Fitness Centre participants must be 10 years of age or older
- Youth 10-13 years of age must be within arm's reach of a paying parent or guardian (18 years+) at all times
- Where applicable, squash participants can be 8 or 9 years of age if under the direct supervision of an adult (Supervisor approval is required)
- A Youth Eligibility Membership with parental/guardian consent sign-off is required for youth under 18 years of age
- Only individuals listed on the City of Mississauga Verified Health Care Providers Registry are permitted to conduct training sessions within City facilities; anyone not on the registry who is found conducting private or commercial training will be asked to discontinue the activity immediately
- Soliciting is not permitted
- Proper exercise attire and clean non-marking athletic footwear must be worn in all areas of the fitness centre at all times with the exception of programs requiring alternate footwear
- The City of Mississauga (COM) is not responsible for lost or stolen items
- Please be mindful of personal hygiene to maintain a pleasant workout environment
- Any use of devices for photography/videography that captures others without consent is not permitted
- Be respectful of participants and staff (Respectful Workplace Policy 01-03-04)
- All participants must vacate the Fitness Centre by the posted closing time

### Fitness Centre Etiquette:

- Limit use of cardio equipment to 30 minutes during busy times
- Avoid occupying equipment while on your phone and be mindful of shared spaces
- Equipment is only to be used for its intended purpose
- Do not drop/bang any equipment or weights
- Return all equipment to racks after use
- Use of chalk is prohibited
- Be courteous, wipe down equipment after use
- No excessive noise, disruptive behaviour, or inappropriate language
- Portable speakers and phones must be used with earbuds or headphones
- Food is not permitted in activity areas; beverages must be in unbreakable containers
- For safety, personal belongings such as gym bags and jackets are not permitted in activity areas

**Studio Entrance Requirements:**

- During class times, use of the studio is restricted to participants only
- Do not disrupt classes to obtain equipment or do individual workouts
- If you enter the class late, set up at the side or back to be safe and courteous
- Access to fitness studio during non-class times may vary and is only available at select locations
- No reserving spots
- All participants must exit the studio between classes, even when attending back-to-back sessions

**Squash Court:**

- Players are required to follow court reservation procedures to book court times
- Players are required to cancel their court time if they are unable to attend (24 hrs. if possible)
- Squash courts will become available 5 minutes after court start time and will be on a first-come-first-served basis
- Eyewear is mandatory for youth under the age of 18 and highly recommended for adults
- For your safety and to help preserve floors, players are required to wear non-marking shoes
- Courts are for squash use only

**Change Room:**

- Leave valuables at home and it is recommended to lock your belongings
- Lockers are for day use only; locks left overnight will be removed
- For hygiene, a towel or clothing is required as a barrier while sitting on benches
- For health/safety reasons and allergy sensitivities, avoid use of scented products (Corporate Policy 01-07-14)
- Personal care grooming (such as nail clipping and hair dying) is not permitted

**Sauna/Steam Room:**

- For hygiene, it is recommended to shower before entering the sauna/steam room
- Recommended use of sauna/steam room is 20 minutes, leave immediately if you feel dizzy or nauseous
- If you are pregnant or have a significant medical condition consult a doctor prior to use
- Do not use the sauna/steam room when taking any medication that may cause drowsiness or alter blood pressure
- Individuals with contagious diseases or open sores are not permitted in the sauna/steam room
- Outdoor footwear is not permitted in the sauna/steam room
- For hygiene reasons, a towel or clothing is required while sitting on benches
- All personal grooming is not permitted
- Food is not permitted; beverages must be in unbreakable containers
- For safety and maintenance, do not tamper with any sensors or equipment

**We reserve the right to revoke your membership privileges for non-compliance with the rules and regulations**