

# **VILLAGE OF PORT ALICE WEIGHT ROOM & FITNESS CENTRE**

***Congratulations on choosing to become a Member of the Village of Port Alice Weight Room & Fitness Centre!***

The benefits of being healthy / fit are numerous and the Village of Port Alice Weight Room & Fitness Centre is pleased to help you achieve and maintain a healthy / fit lifestyle. We believe you'll find an array of strength and cardio equipment as well as numerous amenities to help you achieve your personal goals and make the experience more enjoyable.

For your convenience the Village of Port Alice Weight Room & Fitness Centre is accessible 24 hours a day, seven days a week, with our FOB card system (hours of operation are limited for those under 19yrs). To provide a safe and enjoyable atmosphere while at our gym the following are the Rules and Gym Etiquette for the Village of Port Alice Weight Room & Fitness Centre.

## **MEMBERSHIP RESPONSIBILITIES**

- I am aware that when I am using the equipment at the Village of Port Alice Weight Room & Fitness Centre it is my responsibility to follow the posted safety procedures that apply to each piece of equipment;
- I am aware that there are security cameras in the Village of Port Alice Weight Room & Fitness Centre and that my workout routine is recorded;
- I am aware that my access to the Village of Port Alice Weight Room & Fitness Centre is monitored;
- I am aware that I must enter and exit the Village of Port Alice Weight Room & Fitness Centre from the outside door at the rear (south end) of the building only;
- I am aware of the procedures for reporting damaged or malfunctioning equipment;
- I am aware that, for security reasons, access doors to the Village of Port Alice Weight Room & Fitness Centre must never be left open. Members are welcome to open the windows to allow fresh air into the room but are responsible for closing them prior to leaving.
- I am aware that if I do not renew my membership I must return the FOB either to the Village Office or the Community Centre. I understand my deposit will be refunded provided the FOB is not damaged.
- I am aware that when my membership expires my access will be denied.
- I am aware that I can 'pause' my membership for a period of no less than one month (consecutive days) once per year.
- I am aware that the Village of Port Alice Weight Room & Fitness Centre is one of many user groups within Sea View Activity Centre, and as such I will be respectful to all users I encounter.
- I am aware that locker rentals are available and that I am responsible for my personal property.

# **VILLAGE OF PORT ALICE WEIGHT ROOM & FITNESS CENTRE**

## **RULES AND REGULATIONS FOR OUR MEMBERS SAFETY**

1. Members are not to let non-members into the Village of Port Alice Weight Room & Fitness Centre.
2. Ensure proper safety when using equipment i.e. Use a spotter, safety pins and collars on barbells when lifting heavy weights to reduce the risk of injury. **NO BANGING OF WEIGHTS.**
3. Weights are to be returned to weight trees after usage.
4. Members must sign up for 30 minute intervals when using cardio equipment.
5. Spray and wipe equipment when finished.
6. No verbal or physical abuse; Behave in a manner that is respectful and polite. Loud, aggressive behavior is unacceptable.
7. No swearing or foul language.
8. No smoking or alcohol on premises.
9. No outside footwear beyond entryway.
10. Access will be terminated on expiry date (unless you renew your membership).
11. Members must be 16 years of age or older.
12. Only members 19 years old and older are eligible for 24 hour access.
13. Members 16 to 18 must be accompanied by a “buddy” at all times when attending the Weight Room & Fitness Centre. **The “buddy” must be 19 years or older.**
14. Members 16 to 18 years of age have access 6:00AM – 8:00PM (must exit the Weight Room & Fitness Centre by 9:00PM).
15. I understand that if my buddy leaves the Western Room, for any reason, my workout must cease.
16. No chalk is permitted.
17. Appropriate attire is required i.e. shirts, and sneakers are to be worn. **NO SANDALS.**
18. **DO NOT PERMIT ANY PERSON IN THE GYM WHO CAN'T ACCESS THE GYM ON THEIR OWN** i.e. do not answer a knock at the door.
19. **OVEREXERTION; IF YOU FEEL FAINT OR DIZZY, STOP AND SEEK MEDICAL ASSISTANCE.**

# **VILLAGE OF PORT ALICE WEIGHT ROOM & FITNESS CENTRE**

## **PORT ALICE WEIGHT ROOM ETIQUETTE**

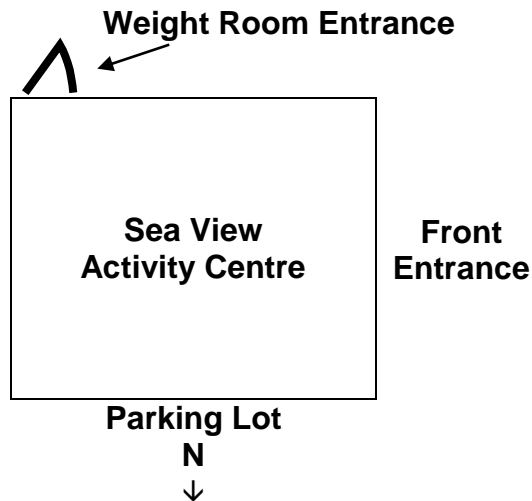
1. Limit your time on cardio equipment to 30 minutes when others are using the gym.
2. Outside footwear is strictly prohibited on the treadmills!
3. It is accepted practice that those using cardio equipment have priority with TV usage, i.e. remote. Ask those using cardio equipment before attempting to switch channels.
4. In light of the fact there are other user groups in Sea View Activity Centre, the stereo volume must be kept at a level that does not penetrate areas outside Weight Room & Fitness Centre.
5. When others are present use only one machine/station at a time. When finished wipe machine down and return weights - move to next station. Using more than one station at a time will interrupt another person's work-out.
6. If another person is using a machine, i.e. a treadmill, that you would like to use in your limited time, move on to a different piece of equipment. Using another type of machine will work you in a different way without disrupting your time in the gym.
7. While resting, allow others to use the machine.
8. Use inside footwear only, while using gym equipment. NO SANDALS.
9. Use discretion when you talk to others while they are using equipment. (especially those using cardio equipment) A gym is very much like a library, people are trying to concentrate.
10. Carry your water with you from machine to machine, water bottles are easily mixed up.
11. Please refrain from using scented products as courtesy to other members.
12. Use cleaning rags from the "CLEAN" bin and disinfectant to clean equipment immediately after use. Place dirty rags in the "DIRTY" bin after use.

## ***Village of Port Alice Weight Room & Fitness Centre***

### **INSTRUCTIONS FOR DISARMING AND ARMING THE WEIGHT ROOM & FITNESS CENTRE SECURITY SYSTEM**

#### **To Enter:**

Hold FOB up to the reader located to the left of the door. This action disarms the security system and you can now pull the door open and enter.



#### **To Exit:**

When you are the last person remaining you must arm the alarm:

1. Ensure the door to the hallway is closed
2. Wait for the steady green light, then enter your four-six digit ID Code, then enter 0 (zero) as the LED monitor requests.
3. The LED monitor will now be indicating that the building is armed and will begin counting down from 60 seconds).
4. Exit the building and ensure the door is securely locked behind you.

# ***Village of Port Alice Weight Room & Fitness Centre***

## **TERMINATING A MEMBERSHIP**

I have read and understand fully the Responsibilities, Rules & Regulations and Etiquette attached to being a Member of the Village of Port Alice Weight Room & Fitness Centre.

I am aware that by not complying with the Responsibilities, Rules & Regulations and Etiquette my membership to the Village of Port Alice Weight Room & Fitness Centre could be terminated for a period of time or indefinitely.

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Applicant

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Signature

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Date

# Village of Port Alice Weight Room & Fitness Centre

## Release, Waiver and Assumption of Risk Agreement

**BY SIGNING THIS YOU WILL WAIVE CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE – PLEASE READ CAREFULLY!**

I, \_\_\_\_\_ (please print name), hereby acknowledge and agree that in consideration of being permitted to use the Village of Port Alice Weight Room and Fitness Centre (the "Facility"):

1. **I RELEASE** the Village of Port Alice, its elected and appointed officials, officers, employees, agents, volunteers, representatives, sponsors, independent contractors, subcontractors, successors and assigns (collectively, the "Releasees") from any and all liability, and **I WAIVE** as against the Releasees all claims and causes of action whatsoever in respect of any personal injury, including death, or property loss or damage, including all damages, expenses, costs, legal or other fees, arising directly or indirectly out of or in connection with my use and occupation of the Facility, notwithstanding that such injury or loss may have been caused solely or partly by the negligence of the Releasees.

\_\_\_\_\_  
Member  
Initial

2. **I WILL INDEMNIFY AND SAVE HARMLESS** the Releasees from any and all liability for any damage, loss, expense or injury to any third party resulting from my use and occupation of the Facility.

\_\_\_\_\_  
Member  
Initial

3. **I AGREE** to report any condition that may impair the safety of the Facility or equipment to Village of Port Alice staff or officials, using the 'Report of Damaged Premises or Equipment Form' located at the main entrance of the Facility.

\_\_\_\_\_  
Member  
Initial

4. **I ACKNOWLEDGE AND AGREE:**

(a) that the use of the Facility may be dangerous, exposing users to many risks, known and unknown, some of which are inherent in the very nature of the use of the Facility itself, and some of which may result from human error and negligence on the part of persons involved in the operation and maintenance of the Facility (collectively, the "Risks");

\_\_\_\_\_  
Member  
Initial

(b) that, as a result of the Risks, as a user of the Facility I may suffer serious personal injury, even death, as well as property loss or damage;

\_\_\_\_\_  
Member  
Initial

(c) that some of the Risks are foreseeable, but others are not;

\_\_\_\_\_  
Member  
Initial

(d) that nevertheless I freely and voluntarily assume all the Risks and that, accordingly, my use of the Facility shall be entirely at my own risk;

\_\_\_\_\_  
Member  
Initial

(e) that I understand that none of the Releasees assume any responsibility whatsoever for my safety during my use of the Facility;

\_\_\_\_\_  
Member  
Initial

(f) that I have carefully read and fully understand this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT** and that I am freely and voluntarily signing it;

\_\_\_\_\_  
Member  
Initial

(g) that I understand clearly that by signing this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT**, I will be forever prevented from suing or otherwise claiming against the Releasees for any loss or damage connected with any property loss or personal injury that I may sustain while using the Facility whether or not such loss or injury is caused solely or partly by the negligence of the Releasees;

\_\_\_\_\_  
Member  
Initial

(h) that I understand clearly that the Village of Port Alice will not permit me to use the Facility unless I sign this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT**, that this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT** applies to all use of the Facility, whether occurring in the near or distant future, and that the terms of this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT** need not be brought to my attention each time I use the Facility in order to be effective;

\_\_\_\_\_  
Member  
Initial

(i) that this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT** is binding on myself, my heirs, my executors, administrators, personal representatives and assigns;

\_\_\_\_\_  
Member  
Initial

(j) that I understand clearly that the Village of Port Alice is and shall be deemed to be acting for itself and as agent on behalf of the Releasees for the purposes set out in the above-stated clauses of this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT**; and

\_\_\_\_\_  
Member  
Initial

(k) that it is my responsibility to determine what insurance coverage, if any, including but not limited to workers' compensation and participant's insurance, is necessary and advisable for my own protection and/or to fulfill my obligations under this **RELEASE, WAIVER AND ASSUMPTION OF RISK AGREEMENT**, and that any such insurance shall be maintained and provided at my sole expense.

\_\_\_\_\_  
Member  
Initial

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS AGREEMENT IN ITS ENTIRETY AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST THE RELEASEES FOR ANY LOSS OR DAMAGE INCLUDING LOSS OR DAMAGE CAUSED BY NEGLIGENCE.

**THIS FORM IS AN IMPORTANT LEGAL DOCUMENT THAT EXPLAINS THE RISKS YOU ARE ASSUMING BY USING THE FACILITY. IT IS CRITICAL THAT YOU HAVE READ AND UNDERSTAND THIS DOCUMENT COMPLETELY. IF YOU DO NOT UNDERSTAND ANY PART OF THIS DOCUMENT, IT IS YOUR ULTIMATE RESPONSIBILITY TO ASK FOR CLARIFICATION PRIOR TO SIGNING IT.**

Name \_\_\_\_\_

Signature \_\_\_\_\_

Applicant

Age \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

\_\_\_\_\_  
Village of Port Alice Authorized Signatory

Date of Issue \_\_\_\_\_

## Village of Port Alice Weight Room & Fitness Centre Membership Fee Schedule

Name: \_\_\_\_\_

Please Print

**FOB #**

FITNESS PASS FEE STRUCTURE				
One-Day Pass:			\$4.00	
	Valid Date	Pass Expires	DAY PASS	TOTAL
A One Day Pass are valid for twenty four (24) hours.				
One Month Pass:			\$25.00	
	Valid Date	Pass Expires	ONE MONTH PASS	TOTAL
One Month Passes are valid for thirty-one (31) days				
Two Month Pass:			\$40.00	
	Valid Date	Pass Expires	TWO MONTH PASS	TOTAL
Two Month Passes are valid for sixty (60) days.				
Six Month Pass:			\$120.00	
	Valid Date	Pass Expires	SIX MONTH PASS	TOTAL
Six Month Passes are valid for one hundred eighty (180) days				
One Year Pass:			\$200.00	
	Valid Date	Pass Expires	ONE YEAR PASS	TOTAL
An Annual Pass is valid for three hundred and sixty-five (365) days				
One Month Family Pass			\$60.00	
	Valid Date	Pass Expires	ONE MONTH FAMILY PASS	TOTAL
One Month Family Passes are valid for thirty-one (31) days				
One Month Senior's Pass (55yrs +)			\$15.00	
	Valid Date	Pass Expires	SENIOR'S PASS	TOTAL
One Month Senior's Passes are valid for thirty-one (31) days				
One Month Student Pass (16yrs +; must be a full-time student)			\$15.00	
	Valid Date	Pass Expires	FAMILY PASS	TOTAL
One Month Student Passes are valid for thirty-one (31) days				
One Month Locker Rental			\$3.00	
	Valid Date	Rental Expires	LOCKER RENTAL	TOTAL
One Month Locker Rental is valid for thirty-one (31) days				
			Total Membership	\$
			HST	\$
			FOB Deposit	\$10.00
			<b>TOTAL</b>	<b>\$</b>

I understand that the FOB deposit will be returned to me only when I return my FOB to the Village Office.

If I am renting a locker, I have been made aware that locks remaining on unpaid lockers will be removed by the Village 10 days after the expired rental period.

\_\_\_\_\_ Initial