

## ***Recreation Services Fitness Centre Guidelines***

By entering BCIT Rec Fitness Centre's, participants will adhere to the following:

### Apparel

- All participants must wear appropriate exercise attire and athletic footwear at all times while in the Fitness Centres, including but not limited to:
  - Wearing clean clothing which is not visibly soiled
  - Wearing clothing which is free from words or images which target another's identity
  - Wearing clothing which is free of metal fasteners, buckles, and excess fabric, (ex, denim, carpenter pants, work pants, coveralls, and uniforms should not be worn)
  - Wearing clean, closed-toe athletic footwear at all times (ex. steel-toed boots, dress shoes, boots, and cleats should not be worn).\* \*Footwear is optional in the Sprawl/Stretch zone at the Burnaby Campus.

### Equipment

- Keep all equipment in its designated area.
- Wipe down all equipment after each use.
- Keep equipment in the Fitness Centre.
- Set weights (plates, kettlebells, barbells, dumbbells and weight stacks) down softly, without dropping or slamming them.
- Use liquid chalk that does leave a residue (no dry chalk)
- Place bags in the cubbies or lockers provided. No bags are permitted on the Fitness Centre floor.
- Consult Recreation Staff if you are unsure with the proper use of equipment.
- Use equipment safely and in the manner it's intended.
- Ensure all equipment safety straps, catches and collars are in place before use.
- Keep all limbs free from moving parts, cables, weights stacks and pinch points.
- Use the step platforms provided to avoid damaging vinyl surfaces.
- Return dumbbells, plates, and all accessories to its original location when finished.
- Do not lean/place weights against other machines, windows, walls, mirrors, or vinyl surfaces.
- Immediately report any injuries to Recreation Front Desk Staff or Safety and Security.
- Do not use any faulty, damaged, or out of order equipment. Please report concerns to staff on duty.

### Etiquette

- Treat all staff and fellow patrons with respect and engage in a courteous manner while using the facility.
- Help us by reporting any spills to Recreation Staff or Janitorial Services.
- The Fitness Centre is a fragrance and odour-free zone.
- Keep food or gum out of the Fitness Centre.
- Handstands are not permitted in any facilities.
- Water bottles and other non-glass beverage containers are permitted but must remain closed when not in use (exception: silicone sleeve on glass water bottles are permitted).
- Limit use of electronic devices, texting and/or phone calls while using weight training equipment.
- The Burnaby campus sprawl is designed Stretching, low-impact floor fitness, and cool down only.
- Skipping is only permitted at the Burnaby campus designated lobby area.
- There is a maximum of 20 minutes on all cardio equipment when others are waiting.
- There is a maximum of 10 minutes on all weight machines when others are waiting.
- At the Burnaby campus power lifting area, there is a maximum of 10 minutes when others are waiting (unless under the instruction of a Certified Lifting Coach / Clinic / Personal Trainer).
- Absolutely no external or private personal training is permitted at any BCIT Fitness Centre without advanced approval from the Recreation Services Fitness and Wellness Coordinator.
- BCIT is not responsible for lost, stolen, or damaged personal items.

### **DISCLAIMER**

By using BCIT's Recreation Services Fitness Centre, participants do so at their own risk. BCIT is exempt from any responsibility, financial or otherwise, for any events that may in any way implicate, damage or threaten the personal health, safety or wellbeing of its members while using the facility.