

VGH Fitness and Wellness Centre

Code of Conduct

We may publish and amend this Code of Conduct without advanced notice to you. You are encouraged to reference a hard copy of this Code of Conduct posted at the VGH Fitness and Wellness Centre, which is the most current.

1. Members

- Only persons 19 years or older may access the VGH Fitness and Wellness Centre.
- Members may not permit others to use their access card, nor admit non-members into the VGH Fitness and Wellness Centre at any time.
- VGH may impose a fine of \$20.00 or cancel your membership/pass(es)/free trial workout session if you breach this Code of Conduct.
- Members must complete and submit to the VGH Fitness and Wellness Centre, a Membership/Pass Application, which includes the Participant Assumption of Risk, Release of Liability, Waiver of Claims and Indemnity Agreement, and Photograph/Image Waiver, and agreements to the Cancellation Policy and Code of Conduct before using the Wellness Centre. You will not be allowed to access the Wellness Centre until these documents have been confirmed by Wellness Centre staff. If unable to complete these documents online prior to your session, hard copies and pens will be provided by Wellness Centre staff.

2. Conduct

- Member must be respectful and act with courtesy to VGH Fitness and Wellness Centre staff and other members at all times
- Shouting, harassing behavior and foul language are not tolerated
- Proper workout attire is required. Open-toed shoes, inappropriate clothing, and scrubs are prohibited → NO MEMBER MAY WORKOUT IN HOSPITAL OR HOUSEKEEPING OR FOOD SERVICES UNIFORMS
- Report maintenance problems or other facility problems to VGH Fitness and Wellness Centre staff

3. Use of Equipment and Lockers

- Workouts must be limited to 30 minutes on the cardiovascular machines when others are waiting
- Dropping/slamming weights or placing weights on upholstery are prohibited
- Use spotters when necessary
- Use collars and pins to secure weights
- EQUIPMENT **MUST** BE WIPED DOWN BEFORE AND AFTER USE
- Dumbbells and weight plates must be returned to racks after use
- Follow the rules for proper and safe use of the equipment as instructed by VGH Fitness and Wellness Centre staff
- Members should store their personal belongings in lockers and may not leave them in the activity areas
- Lockers may be used during your time at the VGH Fitness and Wellness Centre. Locks WILL be cut off if left on overnight

4. Other Rules

- No food or open beverages are permitted in activity areas
- Smoking, tobacco and gum are prohibited
- Animals are not allowed, except guide/aid animals
- No external/private personal training permitted
- VGH Fitness and Wellness Centre staff must approve fliers or posters being posted within the VGH Fitness and Wellness Centre
- Magazines/books should be returned to their shelves after reading

5. Temporary Measures During COVID-19 (until further notice)

Please note that the following temporary measures are in place until further notice and are subject to change without advanced notice. Please read the following measures carefully as they may affect the terms set out in Sections 1 through 4 above.

- Members will not access the VGH Fitness and Wellness Centre if they have COVID-19 like symptoms or become infected with the virus
- If Members exhibit COVID-19 related symptoms, they will be denied entry into the VGH Fitness and Wellness Centre and asked to return home to self-isolate and contact the appropriate Health Authority at *811
- Masks are mandatory in the VGH Fitness and Wellness Centre when not exercising or showering.
- Members are encouraged to arrive in their workout attire, however showers and change rooms are available for member use.
- Lockers are available for use and must be sanitized after vacating.
- Used towels must be placed in the towel bins with blue bags, located next to the towel rack.
- We encourage the use of contactless payment instead of cash/cheque whenever possible
- We encourage members to bring their own gear for personal use whenever practical, to reduce sharing of equipment