

Oxford Place Fitness Centre Member Code of Conduct

The Oxford Place Fitness Centre has been designed to offer tenants the opportunity to participate in fitness and wellness activities that are enjoyable and beneficial to their health. In order to promote these objectives, the facility must be shared by all members, with a view to ensuring that members consider the impact of their actions upon others using the facility.

Members are expected to behave in a responsible manner that is consistent with this Code of Conduct and **WILL**:

- Ensure a safe environment by returning weights to their racks, preventing slips by drying water from all surfaces, removing tripping hazards, and informing staff of damaged or unusable equipment;
- conduct themselves, at all times, in a fair and responsible manner and refrain from comments or behaviors that are disrespectful, offensive, abusive, racist or sexist. Oxford Properties will not condone behavior that constitutes harassment or abuse or bullying;
- acknowledge that all users have the right to utilize the change room or washroom that is in accord with their gender identity and gender expression, and/or that meets any accommodation needs they may have;
- always scan security card on the card reader when entering fitness facility, even if another member is holding the door;
- comply with all posted signs;
- consult with fitness staff if unfamiliar with the equipment or safe exercise techniques or principles;
- ask another member to "spot" them, if performing heavy lifts;
- allow others to "work in" with them when performing multiple sets on a machine or bench (everyone has limited time to exercise and the equipment must be shared by all);
- be courteous and respectful in dealings with other members and staff – verbal or physical abuse will not be tolerated;
- ensure cell-phone usage is discreet and does not disrupt other members using the facility;
- treat Oxford Place Fitness Centre property and equipment in a proper manner to avoid damage or injury;
- avoid the use of profanity or other inappropriate language while on the premises;
- spray down machines and benches after use;
- wear appropriate fitness clothing and launder their clothing prior to each workout. Shoes are mandatory;
- limit towel use to one per visit;
- deposit their soiled towels into their bins provided, and NOT leave towels on the benches or counters;

- vacate all personal belongings from the changeroom and day-use lockers, and;
- avoid using scents or perfumes, that may cause discomfort to others with allergies.

Members ***WILL NOT***:

- wear open-toe shoes in the facility, regardless of whether the member feels that they are sufficiently safe to warrant usage;
- drop dumbbells, barbells or other equipment, which could cause damage, injury or disrupt other members;
- use hand chalk or other products that leave a residue on the equipment;
- shave in the showers;
- attempt to "train" or instruct other members, whether pre-arranged or unplanned, regardless of whether the member feels that they have sufficient knowledge to do so (only HSG staff and approved contractors are permitted to train members);
- consume food or beverages except for water or sports drinks in a closed container;
- attempt to bring a non-member onto the premises for the purposes of exercising or using the locker rooms (this facility is for the use of members only);
- attempt to bring in an outside Personal Trainer, class instructor or other therapist;
- use the facility while under the influence of alcohol or drugs;
- commit theft or other illegal actions; and
- use a cell phone inside the locker room.

Members and Users who do not comply with this Code of Conduct will be given a warning and/or may be asked to leave the premises, and/or may have their membership privileges suspended or cancelled.