



10301-10th Street Dawson Creek British Columbia, V1G 3T7
(250) 719-0777

True North Fitness Etiquette

At True North Fitness we aim to provide our members with the most state-of-the-art, all-inclusive fitness centre in the area. Our members deserve a safe, clean and enjoyable atmosphere to train however they choose. We have a zero tolerance policy regarding any abuse or aggressive behaviour shown within this facility. To achieve this we require all guests and members of our facility please abide by our rules set forth.

Behaviour and Dress Code

- Conduct yourself in a well-mannered fashion.
- Approach other members and staff in a friendly and respectful way.
- Allow fellow members to work in between sets if necessary.
- Replace all weights/equipment to their proper place when you are finished with them.
- If you intend on dropping weights, use the bumper plates or deadlift platforms provided. Blatant abuse of the equipment will not be tolerated.
- Use of mobile devices is permitted in common areas of True North Fitness. Refrain from using mobile devices in the change rooms, Group Exercise classes or while using equipment.
- Request permission from staff if you need to take photos or videos in the facility. Image capturing is not permitted in the change room area.
- Chalk is permitted in the club providing you clean up after yourself.
- Wipe down your equipment after use, No exceptions.
- During busy times, limit time on each cardiovascular machine to 30 consecutive minutes.
- For your health and safety, wear appropriate exercise clothing and proper footwear. Flip flops, jeans, open toed shoes or work clothes are not permitted.
- For consideration of our members and associates who have Multiple Chemical Sensitivity, please refrain from wearing perfume or cologne to the gym. However all members must wear deodorant or shower first, body odor is offensive and not fair to other members. We thank you in advance for following these rules.
- Workout bags can be brought with you providing you keep them out of other member's way. Lockers will be provided and you will be asked to use them if you abuse this rule.

Memberships and Key Fobs

- A key fob will be issued to every member that contains that members personal credentials. This fob is not transferable.
- This fob allows members to access the gym from 3am until midnight. If you swipe in before midnight, you can train after the locked hours but you won't be able to access the facility after midnight until 3 am.
- Each member must swipe their fob regardless of the time of day seeing as the doors will be unlocked during business hours. This ensures we can keep track of who comes and uses the facility to provide the most secure environment for our members and guests. It also keeps track of when your membership comes due for renewal.
- Anyone caught letting non-members into the facility by way of their key card, will be subject to a penalty of 1 month membership dues for their first offense and if caught again, will have all membership privileges revoked for 1 year. If it happens a 3rd time, that person will have all membership privileges revoked indefinitely. This will be a strictly enforced no tolerance policy due to insurance and liability purposes.



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Tanning

- Anyone utilizing the indoor tanning beds must provide ID to prove they are above the age of 18 to tan in British Columbia.
- Protective eye wear must be worn at all times.
- Anyone using the indoor tanning beds will assume all risk associated.

Drop in Guests

- Anyone wishing to come pay a day drop in rate will have to sign a waiver like every new member and will only have access to the facility during staffed hours and will not be provided with a key fob.

Lockers

- Lockers will be available for anyone to use on a first come first serve, day use basis only. Permanent lockers are available for rent as well. Please ask staff about rates.

Sauna

- Any member using the sauna under the age of 12 will have to be accompanied by a caregiver 16 years of age or older.
- Any member who uses the sauna will have to adhere to the guidelines posted

Age Restrictions

- Anyone who wishes to be a member at True North Fitness and is under the age of 18 will have to get a parent or legal guardian to co-sign on their membership, giving that member consent to take part in activities within True North Fitness' facility.

Membership Privileges

True North Fitness may terminate your membership if you commit a serious or repeated breach of these rules or your membership contract. Your membership will also be terminated if you take part in any illegal misconduct within the facility.

Member Name: _____

Member Signature: _____

Witness Name: _____

Witness Signature: _____

Date: _____