



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. 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. **BARE FEET ARE NEVER ALLOWED. No clean shoes, no workout.**
- 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 may be purchased for after hour access to the facility. This fob is non-transferable.
- The 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.
- During business hours, each member must swipe their fob at the computer, or print name on our sign in sheet. 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.
- Key fob use is limited to 1 week memberships or longer.
- 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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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.
- Sauna use is restricted to business hours only due to liability reasons.

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 subject you to a penalty of 1 month membership dues if you fail to adhere to any of these rules. Your membership will be terminated if you take part in any illegal misconduct within the facility.

Member Name: _____

Signature of Acknowledgment: _____

Date: _____