



FITNESS CENTRE RULES

FAILURE TO FOLLOW SET RULES MAY RESULT IN REMOVAL FROM THE FACILITY AND LOSS OF MEMBERSHIP.

- Refrain from disruptive or offensive behaviour.
- Do not drop, slam, or bang weights. Controlled drops are ONLY permitted in the heavy lifting area when using bumper plates.
- Members must provide ID to sign out equipment.
- Borrowed equipment must stay within the facility and be returned to the appropriate lending desk after use.
- A 30-minute limit on cardio equipment is enforced during peak times.
- Do not leave unattended equipment in walking areas.
- Return all weights, plates, and accessories to their designated places.
- Unsafe or improper use of equipment is not permitted.
- Wipe off all equipment after use with spray bottles and cloths provided.
- Do not crowd or monopolize equipment.
- Fitness Centre users must wear appropriate workout attire – denim and leather are not permitted.
- Closed-toed, clean athletic shoes must be worn at all times in all fitness areas.
- Teens aged 13-15 must take the Teen Weight Trainers course before they can access the Fitness Centre equipment.
- Phone and video calls are not permitted in fitness areas. The use of cell phones, Personal Digital Assistants, cameras, and other recording devices is restricted in fitness spaces.



Syncrude SPORT &
WELLNESS CENTRE



All guests are required to wear a wristband

PLEASE NOTIFY THE STAFF OF ANY: MEDICAL CONDITIONS, INJURIES, DAMAGE TO THE EQUIPMENT OR FACILITY