



BME 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.
- BME 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 BME 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.



All guests are required to wear a wristband

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