

201 | FITNESS

Facility Rules & Regulations

In order to make our facility clean, safe, and enjoyable for all members, it is necessary for us to provide certain rules and regulations and to uniformly enforce them. Harvard reserves the right to alter and/or add to the rules in order to maintain the best possible exercising environment. Please familiarize yourself with the following rules:

CHECK-IN PROCEDURES

On every visit to the facility all members are required to carry their access card. Members may not loan the access card to anyone. By swiping your fob into the facility, you agree to the following:

- ✓ I do not have any symptoms or signs of illness including: cough, headache, runny nose, fever, sore throat;
- ✓ I have not been exposed to anyone with COVID-19 within the last 14 days;
- ✓ I have not travelled outside of the country in the last 14 days;
- ✓ I will clean my equipment with the provided disinfectant after each use;
- ✓ I will wash/sanitize my hands before and after my workout.

If you cannot agree to the foregoing, you cannot enter the facility.

FACILITY RULES

- Fitness Centre is for building occupants only. No outside guests.
- Appropriate workout wear is required. **NO OUTSIDE FOOTWEAR.**
- No food, gum or alcohol is allowed in the Fitness Centre.
- Drinks must be in a resealable, unbreakable bottle or container.
- Wipe down equipment after use with cloths provided.
- Avoid dropping or banging weights.
- Re-rack weights/return all equipment after use.
- Cameras are not permitted.
- Report any equipment defaults to Harvard Service at 204-988-1066 or service@harvard.ca.
- Harvard Developments is not responsible for any personal belongings lost, stolen, or left behind at the facility.
- Fitness Centre users should be aware of their personal fitness levels. Exercise at your own level and pace.

GYM BAGS

Gym bags are to be stored in a locker and are not permitted on exercise floor.

LOCKERS

Lockers are provided on a per visit basis only and are not to be kept overnight.

Members must provide their own lock. Members are urged not to bring valuables into the Fitness Facility premises.

The Manager and the Owner, its agents or employees shall not be liable for the loss, theft or damage to personal property of Members.

Lockers are available on a per visit basis only. Locks left for more than 24 hours may be removed along with contents.

DRESS CODE FOR WORKOUT AREAS

Proper, freshly laundered gym attire is required. No clothing which contains rivets, hooks, studs, or zippers (for example, jeans). Shirts must cover chest and back. Closed toe, athletic shoes must be worn at all times. Torn or cut off clothing, flip-flops, aqua shoes, sandals, bare or stocking feet are unacceptable on the workout floor.

GUEST POLICY

Members may not bring guests into the facility. The Fitness Facility is intended for use by building occupants and their employees only, on a paid membership basis.

USE OF EQUIPMENT

- Please use the equipment for its intended purpose only.
- Please inspect equipment before use and do not use the equipment if it appears damaged and/or inoperable or any component appears to be missing, worn and/or damaged.
- Please report damaged equipment to Harvard Service at 204.988.1066 or service@harvard.ca.
- When using strength equipment make sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps and other connections.
- Please do not use dumbbells or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment.
- Ensure that the belt has come to a complete stop before stepping onto or getting off a treadmill.
- Do not use equipment that is marked as unavailable/out of order.

GENERAL FACILITY USE

- The Fitness Facility will be available to Members 24 hours/7 days a week. The Fitness Facility may at any time be temporarily closed for maintenance purposes.
- Pets are not permitted.
- Firearms or other weapons are not permitted.
- You may not take any photographs or videos.
- You may not bring alcohol or drugs into the facility.
- You may not sell and/or market any product or service to other members.

BEHAVIOUR IN THE FITNESS FACILITY

- You will be respectful over others personal space and maintain a distance of six feet.
- You may not enter the Facility while under the influence of alcohol, illegal drugs or performance-enhancing drugs.
- You will have to pay for any damage caused by you while in the Facility.

CANCELLATION POLICY

For Corporate Membership, thirty (30) days written notice required for any cancellations.