



Members' Code of Conduct

Security

- If you perceive a security risk, **call Security at (613) 734-7420.**
- As soon as possible afterwards, send a message to an Executive member summarizing the issue.
- **Do not grant gym access to non-members.** Access is given only to those who have paid for membership and signed the membership form and waiver.
- For safety and liability reasons, **all children are not permitted on the premises** even if their parents are members.

Hours of operation

- 5:30 a.m. to 9 p.m., 7 days a week
- **Make sure you are ready to leave by 9 p.m.** so that Security can lock the doors and secure the facility.

Equipment

- When you are finished using mobile equipment, put it back in its place.
- Let us repeat that: **when you are finished using mobile equipment, put it back in its place.** Everything in the gym has its place; let's all make it easy for others – and for ourselves – to be able to use the equipment conveniently and appropriately.
- Do not disable a piece of equipment by removing a piece from it for other exercises.
- If there is a specific need for a piece of equipment or if you have a suggestion, make the request to the Executive member responsible for equipment.

Cardio equipment

- **The use of all cardio equipment, including exercise bikes, is limited to a maximum of 20 minutes at all times.**
- The 20-minute maximum will be strictly enforced between 11 a.m. and 1 p.m., Monday to Friday.
- **Reserving equipment in advance or before changing will not be recognized.**
- **Unattended equipment will be considered available for all members who are present, and they will have priority.**
- Once you have finished your 20-minute segment, you may:
 - a. sign up for your first apparatus again if no one has signed up for it
 - b. OR sign up for another apparatus if no one has signed up for it.
- You may not sign up for more than one apparatus at one time.
- **Remember to wipe down the equipment.**

Floor fans

- The floor fans are positioned to circulate the air throughout the facility; **they are not intended for personal use and must not be moved.**
- The electrical panel is close to maximum service, and plugging in one of these fans elsewhere may result in overloading and tripping circuits.

Respect

- Common courtesy and respect of other members are not only encouraged, they are expected. **Foul language and aggressive behaviour will NOT be tolerated.**

Failure to abide by this Code of Conduct may result in immediate expulsion from the gym for the remainder of the year without refund. **Remember: for your own safety and that of others, if you see something, say something.**

Thank you.

The CHFC Executive
Updated September 2014