FACILITY POLICIES

Everyone must SCAN THEIR CARD OR PAY THE DROP IN FEE at the front desk before accessing the GYM or TNT ZONE.

FIRST AID care is available from the Customers Service Staff located at the desk on the level one. All accidents & injuries MUST BE REPORTED to the Customer Service reception desk immediately.

**GYM POLICIES** *There are times when the gym will be booked and unavailable.*

* FOOD AND DRINK (EXCEPT WATER) ARE PROHIBITED in the gym. Only food or drinks purchased from in the gym concession stand will be allowed during Chargers games.
* No alcohol or drugs are permitted.
* Only NON-SCUFFING ATHLETIC SHOES are allowed on the floor. No street shoes, heels, cleats, “heelys”, skateboards, roller blades, etc. are allowed.
* Avoid hanging off the rims and nets in the gymnasium.
* Groups using the Gym accept financial responsibility for any damage caused as a direct result of their use of the Gym.
* Sharp edged items including chairs, tables, and exercise equipment are not allowed on these floors as they may cause damage. The gym floor cover MUST be in place before any equipment is moved in.
* Please clean up any spills immediately with a soft/non-abrasive towel.
* The use of any tape on the gym floor is strictly prohibited; NO EXCEPTIONS.
* Please DO NOT REMOVE the blue mats from the walls.
* Please ensure the storage room door remains closed.

**TRACK & TRAINING(TNT) ZONE POLICIES**

The Track and Training Zone (TNT Zone) is an extension of our facility and therefore falls under the same rules and regulations as anywhere else inside the building or on facility property.

* FOOD IS PROHIBITED on the TNT.

• Sleds and other pulling devices may be used on the BLACK SURFACE. Please REFRAIN FROM USING THEM ON THE BLUE TRACK since this may cause damage to the surface.

• Selected equipment may be enjoyed outside. Please see front desk for list of items allowed.

• Medicine Balls are to be used EXCLUSIVELY against cement walls. Please ensure that all athletes/clients/members are supervised and that they are aware that Medballs MUST NOT BE THROWN AGAINST WALL PANELS.

• If you use tape or chalk on the surface please remove at end of session to keep the surface neat and clutter free.

• Access to this space is through the main doors beside the gym. The fitness centre emergency doors should only be used in an emergency situation.

• Music can be played outside but please ensure that the volume is at a respectable level and the music selection is not offensive (Ie. swearing, racial slurs, degrading language).

• Vehicles are not allowed to drive on the incline hill without prior approval from PISE management. Any vehicle using this access must be in good condition and free from any fluid leaks. Any person driving an unauthorized vehicle or in disrepair will be responsible for any damage to the surface. Please keep Track and Training Zone in good condition by avoiding parking and driving on black and blue surfaces.

• Skateboarding and bicycling are PROHIBITED AT ALL TIMES on the TNT Zone.