

CSA Fitness Centre Rules & Etiquette

Champlain College Saint-Lambert has the right to cancel membership privileges whenever it is deemed that there is a lack of adherence to the rules and regulations below.

1. FITNESS CENTRE MEMBERSHIP

- All current students and staff have free access to the CSA Fitness Centre.
- Members must acknowledge the “Fitness Centre Rules & Etiquette” agreement prior to each entry offered via the GoChamplain App/displayed on the FC Check-In desk.
- Please have your GoChamplain App prepared to scan prior to each entry.
- The College’s Code of Conduct & Santé Public Vaccination/Safety requirements are in affect to all members.

2. STORE PERSONAL BELONGINGS

- All personal items must be stored in a locker. There are free lockers available in the changing rooms.
- You must provide your own personal lock.
- Backpacks, coats, and other non-training related items are NOT allowed in the fitness Centre.
- A small sealable bag holding your training gear is acceptable.
- Items left unattended will be brought to the Lost and Found in Student Services.

3. WEAR PROPER SPORTING APPAREL & PRACTICE GOOD HYGIENE

- Only sport training apparel such as t-shirts, shorts, and sport pants may be worn. Clothing such as jeans, altered clothing, clothing with inappropriate statements, flip flops etc. are deemed unacceptable and you will be asked to change and/or leave the facility.
- Athletic footwear (closed toe and heel) must be worn at all times. Street shoes, dress shoes, boots, or outside footwear is NOT allowed.
- Clothing must be laundered, personal daily hygiene is appreciated.

4. BRING A TOWEL

- Towels for personal use are MANDATORY in order to enter the fitness Centre.
- Towels for cleaning equipment are provided along with cleaner.

5. WATER BOTTLE

- Stay hydrated during your workout.
- ONLY water is allowed in the Centre in a sealed plastic or metal container.
- Food & gum are NOT ALLOWED.

6. SAFETY FIRST

- We are ALL responsible for personal safety in the gym.
- Don't be a hero - ask for a spotter when lifting heavy weights overhead/over your face and/or when lifting to failure.
- Use a collar for all barbell work to avoid plates falling off.

- Use proper lifting techniques - if you are unsure, please speak to our fitness Centre staff for guidance.
- Be aware of personal space - be mindful of placing equipment in high traffic zones, and NEVER walk in front of someone while they are lifting. Wait until they finish their set OR walk behind them.
- In the event of an emergency, fitness centre staff and college security will act on and put in place the College Emergency Protocol & Procedures.
- All fitness centre staff are First Aid/CPR certified.
- There is a first aid kit located at the front desk of the Centre with an accessible AED near-by.

7. SHARE EQUIPMENT

- Please limit your time to 30 minutes on all cardio machines during peak hours (7:30-10am, 12-1pm, 4pm-closing, Freeblock).
- Sign up for cardiovascular equipment may be required during peak periods
- Don't rest on machines/linger in between sets.

8. CLEANING UP & STORING EQUIPMENT

- Place your towel between you and the equipment to minimize sweat transfer.
- Wipe down equipment before & after use. Spray the provided towels first, then wipe down the equipment (especially important for any cardio equipment screens).
- Return equipment to its designated place after use - dumb bells back in the correctly labeled rack position.
- Unload your barbell & place plates back in their correctly designated place.

9. AVOID EXCESSIVE NOISE

- Refrain from grunting, yelling and cursing - the gym is a public space where members are trying to concentrate on performing their workouts.
- Please use personal headsets when listening to your music.
- Avoid dropping weights unnecessarily - this will damage the equipment and facility. Instead, lift/lower weights with control. If you are unsure how to do this, please ask for guidance from the Fitness Centre staff.

10. BE COURTEOUS & RESPECTFUL

- Be helpful with first-timers.
- Listen to the instructions of the fitness centre staff.
- There is a ZERO TOLERANCE POLICY for any types of harassment of staff or members.
- Individuals are encouraged to report any alleged incidents of prohibited conduct to Student Services, whether they feel that it is directed toward them or someone else. All concerns, complaints, or incidents will be dealt with in a fair and timely manner while respecting the College's Student Code of Conduct.

Fitness Centre Staff may ask any patron to leave the facility and have the right to interpret and apply these rules to ensure that all members have a positive, safe, and enjoyable training experience.