

Nexen Wellness Centre: Member Code of Conduct

The Nexen Wellness Centre has been designed to offer all employees the opportunity to participate in fitness and wellness activities that are enjoyable and beneficial to their health and well-being. In order to promote these objectives, the facility must be shared by all members, with a view to ensuring that members consider the impact of their actions upon others using the facility. While much of this information is “common sense” to most of us, some codes may differ from other fitness facilities, or gyms, that members may have frequented in the past.

Members are expected to behave in a responsible manner that is consistent with this Code of Conduct and WILL:

- keep safety in mind at ALL times;
- consult with fitness staff, if unfamiliar with the equipment, or safe exercise principles;
- ask another member to “spot” them, if performing heavy lifts;
- allow others to “work in” with them, when performing multiple sets on a machine or bench (everyone has limited time to exercise and equipment must be shared by all);
- be courteous and respectful in dealings with other members and staff; verbal or physical abuse will not be tolerated;
- treat Wellness Centre property and equipment in a proper manner to avoid damage or injury;
- avoid the use of profanity or other inappropriate language while on the premises;
- empty their locker by end of day, so that others may use the locker;
- deposit their soiled towels into the bins provided, and NOT leave towels on the benches or counters (which would require other members to pick up soiled towels, in order to access their locker);
- use only unscented products to maintain scent-free status in the Wellness Centre;
- use disinfectant wipes, made available throughout the facility, to wipe down equipment and benches;
- wear appropriate fitness clothing and launder their clothing prior to each workout; closed-toe shoes are mandatory (except for some Yoga/Pilates mat workouts);
- contact staff on duty, if they wish to show/tour a co-worker, or new hire, through the facility (it is preferable that fitness staff conduct the tour, at their discretion).

Members will NOT:

- use cell phones or any photographic and/or recording devices inside the locker rooms;
- wear dirty or wet shoes in the facility;
- drop dumbbells, barbells or other equipment, which could cause damage or injury, or disrupt other members unnecessarily (or disturb offices below);
- use hand chalk or other products that leave a residue on the equipment;
- shave in the showers (blood/hygiene concerns);
- interrupt classes while they are in session (please try to arrive on time, or at the very least within the first five minutes of the class);

- attempt to “train” or instruct other members, whether pre-arranged or unplanned, regardless of whether the member feels that they have sufficient knowledge to do so (only HSG staff are permitted to train members);
- consume food or beverages except for water or sports drinks in a closed container;
- bring glass containers/water bottles into the Wellness Centre;
- attempt to bring a non-member onto the premises for the purposes of exercising or using the locker rooms (this facility is for the use of members only);
- attempt to bring in an outside Personal Trainer or class instructor or other therapist;
- use the facility while under the influence of alcohol or drugs;
- commit theft or other illegal actions.

Members who do not comply with this Code of Conduct will be given a warning and/or may be asked to leave the premises, and/or may have their membership privileges suspended or cancelled.

Dated: May 26, 2015. This document may be amended from time to time. Please review the most up to date Code of Conduct at www.nexenwellnesscentre.ca