



FACILITY RULES AND REGULATIONS

UPDATED OCTOBER 2018

1. The Northern Sport Centre has zero tolerance towards violence or threats of violence to Staff, Members and the General Public. This includes, but is not limited to any act of physical assault, verbal assaults, threats and attempts to intimidate, throwing of articles in a deliberate or aggressive manner, aggressively approaching another individual, striking another individual, and attempting to prod or incite violence in others in or around the Facility.
2. Those demonstrating inappropriate behavior or language will be declined entry or be asked to leave, and may result in the cancellation of Membership and/or may be banned from the Facility.
3. Some inappropriate behaviour that is prohibited, but is not limited to wearing clothing or displaying offensive materials, words, and images that contravene the BC Human Rights Code, engaging in vandalism, littering, use of profanity, and spitting.
4. For your own protection and future use of our facility, DO NOT share your Fob Key. Sharing of your Fob will result in immediate suspension of your Membership and Facility access.
5. Northern Sport Centre is not responsible for lost, damaged or stolen property.
6. Solicitation of any type is prohibited.
7. Cell phones and camera-enabled devices are prohibited in all locker rooms.
8. If you are using a Personal Trainer or sport-specific Coach/Trainer within the confines of the Northern Sport Centre, it must be with one of our certified trainers or partners. For liability and legal reasons, we cannot permit clients to bring outside personal trainers.
9. Food and liquid (other than water) is not permitted in the following areas: Gyms, Studios, Fitness Centre, Track, and Fields. Closed-top water bottles are permitted.
10. As per the provincial Tobacco Reduction Act, smoking in public places and workplaces is prohibited. Smoking of any kind, including electronic/vapour, is prohibited inside the Northern Sport Centre. It is also prohibited within ten feet from the doorway, window or air intake. Smoking is defined as the holding of a lit cigar, cigarette, pipe or any other device that is lit or smoking in which tobacco or any other substance is burning. This includes vapourizing or electronic smoking and the use of electronic smoking devices.

Field House

1. Consult Northern Sport Centre staff before setting up, taking down or moving Northern Sport Centre equipment.
2. No food permitted including sunflower seeds, tobacco products, or gum.
3. Water is permitted in a closed container only.
4. Spitting is prohibited.
5. Only closed toe indoor athletic shoes permitted. No work boots, sandals, sport shoes with flat soles, bare feet or metal cleats on the turf.
6. Appropriate athletic attire required.
7. No stakes used on the turf.
8. Spectator viewing is permitted on the main floor only, through the viewing windows. Spectators should not be on the field of play at any time. Spectator viewing is not permitted on the Track level.
9. The Northern Sport Centre is a family-friendly facility, please be respectful. Profanity is prohibited
10. Report any facility related injury or damaged equipment to Northern Sport Centre staff.

Gymnasium

1. Consult Northern Sport Centre staff before setting up, taking down or moving any Northern Sport Centre equipment.
2. No food permitted, including sunflower seeds, tobacco products, or gum.
3. Water is permitted in a closed container only.
4. Only closed toe indoor athletic shoes permitted. No boots, sandals, bare feet or sport cleats of any kind.
5. Appropriate athletic attire required.
6. Dunking or hanging on basketball rim or netting is prohibited.
7. Spectator viewing is permitted on the main floor, through the viewing windows only. Spectators should not be on the court areas at any time.
8. The Northern Sport Centre is a family-friendly facility, please be respectful. Profanity is prohibited.
9. Report any facility related injury or damaged equipment to Northern Sport Centre staff.

Squash Court

1. No food permitted, including sunflower seeds, tobacco products, or gum.
2. Only closed toe shoes permitted in the courts. Shoes must be clear, gum soled or white shoes only.
3. Appropriate athletic attire required.
4. Eye protection is mandatory.
5. Court bookings are in 45-minute increments. If players have not arrived within 5 minutes of their booked time, they forfeit their time slot to waiting players.

6. The Northern Sport Centre is a family-friendly facility, please be respectful. Profanity is prohibited.
7. Report any facility related injury or damaged equipment to Northern Sport Centre staff.

Strength Rooms

1. All patrons must be 16 years of age or older.
2. No food permitted, including sunflower seeds, tobacco products, or gum.
3. Water is permitted in a closed container only.
4. Closed toe shoes are mandatory. No work boots, sandals, or bare feet.
5. Appropriate athletic attire required.
6. Chalk use is prohibited.
7. Storing bags or personal items is prohibited. Store items in a locker to reduce clutter, tripping hazards and theft.
8. Do not modify the equipment in any way. All equipment must be used in the manner for which is intended.
9. Do not move equipment that is not intended to be moved.
10. Do not lean bars of any kind against pillars, walls, equipment, or mirrors.
11. Weight collars (plate restraining devices) are required for the free weight area.
12. Clean all equipment and machines after use.
13. Return all dumbbells and free weights to their original rack after use.
14. The Northern Sport Centre is a shared fitness facility. Please allow others to use the equipment in between reps.
15. The Northern Sport Centre is a family-friendly facility, please be respectful. Profanity is prohibited.

Track

1. Closed toe indoor shoes and appropriate fitness clothing is mandatory. Participants are permitted to wear indoor spikes only. No work boots, sandals, or bare feet.
2. No food permitted, including sunflower seeds, tobacco products, or gum.
3. Water is permitted in a closed container only.
4. Spitting is prohibited.
5. Lane usage:
 - Walking - inside lane
 - Jogging - middle lane
 - Running- outside lane
6. Track directions:
 - Monday to Wednesday - Counter Clockwise
 - Thursday to Sunday - Clockwise
7. No stopping on the Track to observe lower level activities. Spectator viewing is permitted on the main floor, through the viewing windows only.
8. Clean machines and equipment after use.

9. Return all free weights and equipment to their original racks/locations after use.
10. The Northern Sport Centre is a shared fitness facility. If members are waiting, use machines for a maximum thirty (30) minutes and allow others to use the equipment in between reps.
11. Children 12 and under must be within arm's reach of parent or guardian at all times
 - a. Children 12 and under are prohibited from using any equipment of any kind including but not limited to cardio equipment such as treadmills and ellipticals, strength equipment such as the weight training machines and fitness equipment such as the stability balls, free weights and steps.



Youth Access Grid

Please check the grid first before giving youth access to the track, fields, gym and zones. These guidelines are enforced to ensure the safety of all members.

With Parent	Youth Grid	*12 & under	*13	*14	*15
	Track Surface	YES	YES	YES	YES
	Gyms + Fields	YES	YES	YES	YES
	Studio 1 + 2	YES	YES	YES	YES
	Zone 8 - Cardio Only	NO	YES	YES	YES
	Zones 3 - 7	NO	YES	YES	YES
* in permitted areas (yes) within an arms-reach at all times					

Without Parent	Youth Grid	**12 & under	**13	**14	**15	**16	**17	**18
	Track Surface	NO	YES	YES	YES	YES	YES	YES
	Gyms + Fields	NO	YES	YES	YES	YES	YES	YES
	Studio 1 + 2	NO	YES	YES	YES	YES	YES	YES
	Zone 8 - Cardio Only	NO	YES	YES	YES	YES	YES	YES
	Zones 3 - 7	NO	NO	NO	NO	YES	YES	YES
** in permitted areas (yes) with a completed Youth Consent Form. Please see the Front Desk to complete or confirm expiry								