

# City of Kamloops Tournament Capital Centre Use Guidelines

## Tournament Capital Centre Use Guidelines

Congratulations on making an investment in your personal health and wellness! The Tournament Capital Centre is BC's newest health facility. Here are some guidelines to make your visits to the Centre as productive as possible.

**Hours of Operation** - The Centre is open Monday to Friday from 5:30 a.m. to 11:00 p.m., Saturdays and Sundays from 6:30 a.m. to 9:30 p.m. We are closed on statutory holidays or may have reduced hours of operation on those days.

**Certified Fitness Staff** - All Centre gym supervisors are BCRPA certified and can assist you with workout design, use of equipment, and any other general fitness questions you may have. Look for them during most hours of operation. Supervisors will be wearing navy blue STAFF shirts or black vests. They will be happy to assist you! We also have personal training opportunities available in the facility. Look for personal training handouts at the front counters in the Wellness Centre and at the front desk.

**Gym Age Policy** - Youth ages 12 and up are welcome to use the gyms under the following conditions:

- All youth ages 12-17 must complete a free orientation to the Centre. Orientations are advertised on page 76 of the Activity Guide.
- Upon completion of an orientation, youth ages 12-14 **must** use the gyms under the direct supervision of a paying adult. Youths aged 15 and up are free to use the gyms provided they exercise in a safe manner and are respectful of the equipment and other users.

**Change Rooms and Locker Facilities** - Change rooms are conveniently located near the front counter and adjacent to the locker area. You may bring your own lock and use a locker free of charge or pay a nominal fee for the locker spaces. Please note that lockers must be emptied by the end of the business day. Any locks left on at the end of the day will be removed and the contents moved to the "Lost and Found." Additional lockers are located outside of the Wellness Centre. Please note that the City of Kamloops is not responsible for lost or stolen articles.

**Backpacks or Duffle Bags** - Please do not bring backpacks or duffle bags into the gyms! We want to keep our stretching and reception areas open for use.

**Equipment Problems** - Any problems with equipment should be reported to the room supervisor or the front desk so that immediate action can be taken to repair equipment. Regular maintenance of the equipment is scheduled with highly trained Technogym service personnel to ensure the Wellness Centre is operating at full capacity.



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**Gym Etiquette** - All users must wipe down equipment after use. There are cleaning stations located throughout the Centre or you may choose to bring your own towel to use. Please do not spray cleaning solution directly onto the cardio monitors as this can damage the instrumentation.

**Weight Stations or Free Weights** - When using weight stations or free weights, please do not drop weight stacks or free weights! Dropping weights is hard on the equipment and intimidating to other users.

**Emergencies** - Any emergencies inside the gyms should be reported to the Room Supervisor or front desk staff immediately. For serious emergencies, please use the phone inside the Centre to call 911.

**Active Wear** - Please come to the Centre in clothing suitable for activity. Avoid wearing shorts, pants, or belts with rivets because they can tear seats and benches. Wear clean running shoes designed for the type of activity you are engaging in. Please, no open-toed sandals or flip flops.

**Perfumes/Colognes** - The Centre is a scent-free zone! Please avoid using perfumes and colognes when using the Centre. Many people have serious sensitivity to scent!

**Start Smart** - If you are new to exercise or have been inactive for a period of time, you may want to consult with your doctor before starting an exercise program. You may also want to hire a personal trainer to get started. Please inquire at the front desk about our numerous personal training opportunities.

**No Commercial Use** - You may use the Tournament Capital Centre and its facilities for personal enjoyment only. You may not engage in any commercial activity anywhere in the Tournament Capital Centre unless you have received the prior written consent of the City. Such consent will be issued only if you have entered into a written agreement with the City that contains, among other things, terms and conditions regarding your qualifications, requirements for the provision of safe, high-quality services, release and indemnity provisions, insurance coverage requirements, and the fees payable. This prohibition includes, but is not limited to, the provision of physiotherapy services, rehabilitation services, personal training services, and all other health care services.

Your input is ALWAYS welcome! We want your time in the Centre to be the best it can be. If you have ideas, questions, or concerns about the Centre or the equipment, please inform the supervisor.

