

Tournament Capital Centre and Westsyde Fitness Centre Use Guidelines

Welcome to the Tournament Capital Centre (TCC) and the Westsyde Fitness Centre! To ensure your visit is enjoyable, please take the time to read these use guidelines. For additional information and schedules, visit Kamloops.ca/TCC.

Guest Code of Conduct

The City's goal is to provide a friendly, safe, and fun environment for all guests.

- Be respectful of others and their beliefs, opinions, belongings, and feelings.
- Be respectful of directions given by staff or volunteers.
- Be respectful of the facility and equipment, inside and outside.
- Ensure conversation, behaviour, and language is appropriate for a public facility that caters to all cultures, diversities, and age groups.
- Drugs, alcohol, and items that would be deemed as weapons are prohibited on site.
- Please report any witnessed misconduct or suspicious activity to facility staff.

ANY GUESTS NOT RESPECTING THE CODE OF CONDUCT MAY BE REQUESTED TO LEAVE THE FACILITY.

Gym Etiquette

- Clean, close-toed footwear must be worn at all times. Outdoor footwear, open-toed shoes, open-backed shoes, boots, sandals, and bare feet are not permitted.
- All patrons must wear clean, appropriate exercise attire—street clothes, including jeans, ripped shirts or shorts, and clothing with offensive language and images, are not permitted.
- Refrain from exercising in groups and monopolizing equipment or space. You are expected to share the equipment and space.
- **All users must wipe down the equipment after use.**
- All users must replace equipment after use.
- Cell phone use (talking, texting, etc.) is prohibited while using the equipment. Refrain from monopolizing the equipment while using your cell phone.

Wristbands (TCC only)

All patrons are required to wear a wristband, which must be visible at all times while using the pool, the Fieldhouse (including the track and courts), and the gyms.

Fitness Equipment Age Requirements

- Youth 12–18 years of age are required to complete a FREE weight room orientation.
- Upon completion of an orientation, youth 12–14 years of age are permitted to use the gyms and the fitness equipment in the TCC Fieldhouse under the direct supervision of a paying adult (19 years of age or older).
- Youth 15 years of age or older are permitted to use the gyms and fitness equipment on their own.

TCC Fieldhouse Court Usage and Bookings (TCC only)

Patrons may use courts for recreational activities when the courts are open and during drop-in programs. Court usage for organized lessons, clinics, or practices is prohibited during drop-in programs. The courts **MUST** be booked for coaching and instructional purposes.

Children 10 years of age or older are permitted to use the Fieldhouse track and courts without an adult. The City does not provide direct supervision for the Fieldhouse. Children 11 years of age and younger are not permitted to use any of the fitness equipment in the Fieldhouse

Emergencies

Emergencies should be reported to facility staff immediately. For serious emergencies in the gyms at the TCC, please use the phones provided to call 911. The TCC Fieldhouse is equipped with an emergency button located next to the entrance to the Fieldhouse from the lower hallway.

Cameras and Recording Devices

Photography and video recording are not permitted any City facility without the City's approval. Cameras, smartphones, and other recording devices are strictly prohibited unless prior approval is received from the City.

Scent Sensitivity

The City promotes a scent-free environment in all of its facilities. The TCC and Westsyde Fitness Centre are scent-free facilities.