

## **Conditioning Floor: Access & Code of Conduct**

### General Information

- Due to PERFORM's security requirements as a research centre, participants will be required to show their access card at the main reception and keep their access card on their person while on the PERFORM conditioning floor. There can be NO EXCEPTIONS to this rule. **A charge of \$4.99 will be required to replace a lost or damaged access card.**
- Participants must sign a waiver at registration indicating that they understand the use of the conditioning floor equipment and risks associated with exercise and will observe all of the regulations for access to and use of the facilities.
- Program participants are comprised of a diverse population who may be experiencing challenging health situations. As a user of the conditioning floor, we ask that you are aware of the delicate nature of some of our participants and respect their needs.

### EQUIPMENT AND ATTIRE

1. All personal items must be stored in the locker rooms. Participants are responsible for bringing their own locks to use on the lockers at PERFORM. Locks can be purchased at the Recreation and Athletics Complex.
2. No contents can be left in lockers once you leave the PERFORM Centre following your workout. Locks left on lockers will be cut and contents of locker will be placed in lost and found. Lost and found items are cleared every 3 months.
3. No sports or handbags on the conditioning floor. However, if one is required to carry medication on their person, a small bag may be carried for this purpose.
4. At times, equipment and space on the conditioning floor will be reserved for research activities. Steps will be taken to ensure that participants in other programs (e.g. Le Centre) are given advanced notice when equipment will not be available for use
5. I Pods, cell phones, smart phones or any listening device may be used on the conditioning floor for personal audio use. No phone conversations are allowed. Please use the reception area or back hallway for this purpose.
6. Only sport training clothing, such as T-shirt, shorts or sweat pants and other athletic warm-up gear are to be worn on the conditioning floor. Jeans, jeans shorts, any article of clothing with zippers or rivets and other regular outdoor attire are not permitted on the conditioning floor.
7. Athletic footwear (closed toe and heel) must be worn by all users while training in the facility. No outside footwear please.

## TRAINING RULES

1. The indoor track is for walking purposes. NO running or jogging permitted. This is for safety of all users of the area.
2. Water is the only sustenance allowed in this facility. Water must be in a plastic/metal re-sealable container. No gum or other food please.
3. Respect the machines (and your body) by using all equipment as per its designed use.
4. Please ask for assistance if you are not sure about training methodology.
5. Return any portable equipment to its original storage space after use.
6. Do not bounce free weights or plates on the MONDO floor. Do not lean plates against adjacent training machines.
7. Plyometric type movements (e.g. jumps) may be performed on step provided. Step should not be raised no higher than user's knee.
8. Train with and attempt only weight resistance that you can safely control.
9. Use spotters when using heavy weight on the benches.
10. Collars (safety clamps) must be used with all bars in the free weightlifting area.
11. Do not linger on the machines between sets - so that others can use equipment.
12. Please wipe dry any equipment after use using the paper towels and disinfectant provided.
13. An individual cloth towel must be carried with member to manage personal sweat (e.g. when lying on a mat). Towels are available at the PERFORM front desk for a fee (20 towels for \$10.00 plus tax).
14. Weights and bars of any kind cannot be leaned against the wall, pillars, equipment or mirrors.
15. Maintain open pathways for easy access and traffic movement.
16. Please respect your fellow members training schedules; sign up for cardiovascular equipment may be required during peak periods.
17. Participants may not remove any equipment from the conditioning floor area.
18. PERFORM conditioning floor monitors may ask any patron to leave the facility if necessary.

## Individual Conditioning Programs

1. Only PERFORM individual conditioning trainers on duty are allowed to train participants in the PERFORM conditioning floor area.
2. PERFORM individual conditioning trainers have priority to any equipment for training purposes. Reservation signs will indicate this.

Thank you for choosing to experience PERFORM; your place to train and for complying with these regulations. The PERFORM staff have the right to interpret and apply these regulations to ensure maximum service quality and safety to ALL participant of PERFORM programs.

The management of the PERFORM Centre at Concordia University has the right to revoke access card privileges in case of lack of respect and adherence to the above mentioned regulations.