



RECPLEX GENERAL RULES

Please respect the following rules and regulations, so that everyone can enjoy our facilities to the fullest:

1. Only holders of valid Central Plains RecPlex memberships or those who have paid the applicable rental or drop-in fees may use the RecPlex facilities.
2. An access card must be used at all times to enter the front gate as well as the climbing wall gate. These gates are not permitted to be bypassed in any way.
3. No one, other than paid drop-ins is to bring guests or any non member into the facility at any time. You will be held liable for any/all legal and/or financial consequences.
4. The Central Plains RecPlex has the right to schedule any, or all of the facilities for special events, programs, or activities. Advance notice will be posted.
5. All activity areas will close 10 minutes before the building closes. At this time, all activities must cease and participants wishing to shower and/or change clothes must proceed to the change rooms to do so and exit the RecPlex before closing time.
6. The Central Plains RecPlex is not responsible for injuries arising from failure to observe these and other posted rules and regulation, or from the use or misuse of RecPlex facilities.
7. Please be aware of your surroundings and take caution when exercising during unmanned hours.
8. Students must show proof of been in current part time or full time education. Failure show a current ID with an expiry date will result in the request student membership being denied.
9. Memberships can be paused for up to 3 months for the following reasons only—injury, illness, working abroad, study leave or pregnancy.
10. Memberships can be cancelled and refunded within the first week of purchase only.
11. Any Member signed up for the Pre-Authorized membership who wants/needs to cancel must provide a weeks notice prior to the date the money is removed from the account, failure to give notice will result in the payment being charged and be non-refundable.
- lock any personal items of value in a safe place.
2. Lockers are freely provided for daily use; please ask the front desk staff for a key.
3. Personal belongings left in daily use lockers will be removed at the end of each day.
4. Only food and beverages purchased from the food kiosk is allowed in the RecPlex. Only bottled water is permitted in the fitness area and climbing pit.
5. No eating or drinking of any kind allowed in the gymnasium.
6. Please help keep the facility clean by throwing away trash in proper receptacles.
7. Spitting on the floors or walls will result in immediate suspension of privileges.
8. The use of vulgar language is inappropriate and inconsiderate. Please refrain from the use of vulgarities during your conversations and on your clothing. Offensive language, inappropriate clothing or violent behavior will result in immediate suspension of privileges.
9. Members causing damage to facilities or equipment will forfeit their membership rights. Offenders will be billed for the repairs.
10. Proper athletic/fitness footwear must be worn. Bare feet, sandals, work boots, or street shoes are not allowed.
11. A t-shirt is required in all areas of the fitness centre, except in locker areas.
12. All injuries, no matter how minor, must be reported to RecPlex attendant on duty. If necessary, the RecPlex staff will call for medical assistance, or if other persons are involved in treatment, staff involvement will be limited to crowd control or ensuring that the appropriate medical personnel have been contacted.
13. Do not remove any equipment, magazines, fixtures, or anything else from Central Plains RecPlex that does not belong to you.
14. Central Plains RecPlex is monitored for the safety and protection of the facility and its members.
15. Bookings of the facility for events will need to deposit 10% of the total payment upfront at time reservation.
16. Any cancellations of bookings will need to be requested 48 hours in advance. Failure to do this will result in the deposit not being refunded.

AGE RESTRICTIONS

1. Eligible patrons 16 years of age and older have unrestricted use of all recreation centre facilities and equipment and need not be accompanied by a parent or legal guardian.
2. Patrons 14-15 years of age have unrestricted use of the gymnasium and cardio equipment, but a parent/guardian must remain in the facility.
3. Patrons between the ages of 14-15 may use the weight area only with direct parent/legal guardian supervision. Parent and child must be side-by-side in the Centre in order to fulfill the condition of “direct” supervision. Merely being in the same room does not constitute direct supervision.
4. Children 13 years and under are not permitted in the fitness area even under direct supervision.
5. Children 13 and under are not to be left unattended in the RecPlex, and all group activities within the centre must be supervised by a responsible adult.
6. There is no minimum age for use of the climbing wall and the walking track, however, in the climbing pit a parent/legal guardian must remain with all children 16 and under at all times.

USER GROUPS

1. Members of organizations that have rented an area within the RecPlex are asked to remain within that area with reasonable access to the restrooms.
2. Central Plains RecPlex may require that first aid services are made available during a tournament or other group event. The user will be responsible for the provision of those services by qualified personnel.
3. Any cancellations of booked times with request to use time in credit will need to be asked 24hours in advance.

FACILITY USAGE

1. The Central Plains RecPlex is not responsible for lost or stolen property. Please

CARDIOVASCULAR EQUIPMENT

1. Please limit yourself to 30 minutes on all cardiovascular equipment.
2. Equipment is available on a first-come first-serve basis.
3. Please wipe off controls, seats, and railings of equipment when you are finished with your workout. Please do not spray cleaning fluid directly on the equipment.

STRENGTH TRAINING EQUIPMENT

1. Please replace all dumbbells and plates on the appropriate racks/weight trees when you have finished using them.
2. The use of chalk is not permitted in the weight room.
3. Please do not drop the weights on the floor with the exception of the dead lift area. If they are too heavy to lower safely, use a spotter to assist you.

CLIMBING WALL EQUIPMENT

1. Climbing equipment, including harnesses and shoes, is provided by the RecPlex. Use of your own climbing equipment is permitted as long as it is in good condition.

ACCESS TO THE CENTRAL PLAINS RECPLEX FACILITIES IS DEPENDENT UPON COMPLIANCE WITH THESE AND ANY OTHER RULES ESTABLISHED TO PROTECT THE PARTICIPANTS AND THE PREMISES. CENTRAL PLAINS RECPLEX RESERVES THE RIGHT TO REMOVE ANY PERSON(S) FROM THE PREMISES FOR THE BREACHING OF ANY RULES, WITHOUT REFUND.

Membership Declaration

I, _____, acknowledge that I have read and understood the General Rules pertaining to the use of the Central Plains RecPlex and agree to fully comply with the same.

Signature of Member: _____

Date: _____

Signature of Parent/Legal Guardian: _____