



## Fitness Facility Rules and Regulations of Use

These Rules and Regulations (the “Rules”) will apply while using the McMaster Innovation Park Fitness Facility and Services (the “Facility”). These Rules apply to all Members and Non-Member Personal Training patrons of the Facility. Under your membership agreement, you are responsible for complying with all MIP policies, without limitations, those outlined in this document. These Rules may be amended at any time and from time to time by MIP by publishing them on the MIP website or posting them at the Facility.

- 1) Hours of Operation: 5:00am-11:00pm, 7 days/week to those with access and a valid membership. These hours could be subject to change at the discretion of MIP. Non-Member Personal Training is by appointment only, Monday-Friday, within the hours of the MIP Fitness Facility Staff.
- 2) Release: Consult with your family physician, complete all forms and waivers, including a) PAR Q, b) Waiver, Release, and Assumption of Risk, and c) Agreement Policies Form before using the Fitness Facility, Equipment, and Services.
- 3) Dress Code: All individuals are required to wear appropriate and suitable gym attire and footwear when using the Fitness Facility. Outdoor and/or street shoes are not permitted in the fitness area. MIP may deny your use of the Facility if you do not wear proper attire and footwear, as determined by MIP.
- 4) Facility Use: The equipment is for use of all members and therefore it is necessary to share the resources. Members shall wipe or clean equipment after each use with the provided supplies. During peak hours, 11:00 – 14:00 and 16:00 – 19:00, please respect all users’ wishes for time on the equipment and limit use in peak time to:
  - a) 45 minutes on cardio equipment
  - b) Rest OFF weight equipment in between sets
- 5) Cell Phone and Camera Use in Private Areas: Using cell phones, cameras, or any recording devices in MIP Locker Rooms or Washrooms is strictly prohibited.
- 6) Cell Phone Use in the Facility: As a courtesy to other members, you may NOT speak on your cell phone, or utilize any video chat application, while on the Facility floor. You may NOT take photos or videos in the Facility to promote your or any third party’s business, products, or services. Using cell phones, cameras, and other recording devices during group fitness class is also prohibited. You are expected to be courteous and respectful of all Members of the Facility and MIP staff.
- 7) Member/PT client: Conduct while using the Facility: You are expected to act in a respectful and socially acceptable manner while using the Facility and to be mindful of other individuals’ physical and personal space. You may not engage in behaviour or conduct that MIP, in its discretion, considers unruly or inappropriate, including without limitation, harassing, swearing, badgering, antagonizing, taunting, threatening, physical or verbal abuse, touching, or otherwise acting in an aggressive, indecent, or inappropriate manner towards any other member, guest, employee, or any other individual. MIP

reserves the right to remove you and/or revoke, cancel, suspend, or otherwise limit your membership or personal training sessions.

- 8) Locker Use: Lockers are provided solely for your benefit and convenience. You are responsible for providing your own lock and locking your locker ONLY during period of facility use. Lockers left overnight with locks attached will have their locks removed and contents secured by MIP staff. There is a \$20.00 + tax fee to retrieve secured articles. Lockers may be rented for an additional, non-refunded fee, subject to additional terms and conditions set forth in the required Locker Rental Agreement. Management is not responsible for lost, damaged, or stolen personal property.
- 9) Group Fitness Classes: Classes require either an All-Inclusive Membership, Class Only Membership or purchased Class Passes to attend. Proper attire and footwear are required to participate in classes. For more information on class schedule or descriptions, visit [www.mcmasterinnovationpark.ca](http://www.mcmasterinnovationpark.ca).
- 10) Outside Personal Trainers: Use of Personal Trainers who are not employed by MIP, is strictly prohibited in the Facility. You may not provide Personal Training Services to or receive Personal Training Services from any other member or guest, regardless of whether a fee is charged. You agree to pay MIP any revenue received by you if you violate this policy.
- 11) Guests: Guests are welcome to use the Facility, but must be accompanied by a Member, sign a waiver, and pay a guest fee of \$10.00 + tax. Single use admission fee can be purchased online at [www.mcmasterinnovationpark.ca](http://www.mcmasterinnovationpark.ca) or at the MIP office located in Suite 101A, located on the ground floor of 175 Longwood Road South.
- 12) Children: Children under the age of 16 years of age, are not permitted to use the Facility, locker rooms, and equipment, or to be in the Facility.
- 13) Facility Use: You are required to individually use your access card to gain access to the Facility. Facility use privileges are non-transferable. If a non-member is found fraudulently using access privileges, the individual will be asked to leave and the member who allowed access will lose the membership privileges of the Facility. Non-Member Personal Training patrons gain access to the facility only via MIP Fitness Facility staff, based on their appointment time.
- 14) Use of Fitness Equipment and Services: Proper respect for fitness equipment is expected and required. Any abuse of equipment will result in the cancellation of said member. All users of the Facility must disinfect each piece of equipment that they physically used in a hygienic manner. Members will not use equipment, bathroom, or shower facilities if they knowingly have a communicable disease, any funguses, respiratory illness, flus, open injuries/sores, that can infect or affect other users.
- 15) Fitness Facility Cleanliness: MIP will be responsible for the overall cleanliness and cleaning of the Facility daily; however, users are required to clean each piece of equipment used by the Member. Materials are provided throughout the Facility for this function. Failure to do so, could result in loss of membership, Non-Member Personal Training and Guest access.
- 16) Facility Staff Hours: The Facility is staffed only at certain hours during Monday to Friday. Please email the facility at [fitness@mcmasterinnovationpark.ca](mailto:fitness@mcmasterinnovationpark.ca) for more

information or to arrange a meeting. MIP is not responsible for personal injury resulting from the use of the Facility or its equipment. Users must not put themselves at risk unnecessarily. If the equipment is being abused, this could result in the loss of fitness privileges.

- 17) MIP reserves the right to restrict access to the Facility to any specific user, for any reason whatsoever.
- 18) The use of the Facility and equipment is available on USE AT YOUR OWN RISK basis. McMaster Innovation Park takes no responsibility for loss or injury while using the Facility or its equipment.