



Last Name: \_\_\_\_\_

DOB (D/M/Y): \_\_\_\_\_

## ***FITNESS ORIENTATION INFORMATION***

We are pleased that you have decided to join us for a Fitness Centre Group Orientation. To provide a quality experience, please review the following instructions prior to your orientation.

### **WHAT TO WEAR:**

- Please come prepared to try the equipment. Indoor only athletic shoes and proper gym attire including shirts must be worn. Comfortable clothing that allows you to move freely are recommended.

### **WHAT TO EXPECT:**

- Fitness Centre Group Orientations are done in group formats to accommodate the level of demand for this extra value service.
- Late arrivals cannot be accommodated and will require participants to re-book another available scheduled time. Please review the COVID Guidelines – arrival time recommendation.
- The orientation will provide you with basic information to help you get started on an exercise program.
- A Basic Equipment Use and Tips on Weight Training form will be available for personal use.
- An instructor will demonstrate the equipment listed on the Basic Equipment Form.
- Once the instructor has demonstrated, you will have the opportunity to try the equipment.
- If time permits, requests for a demonstration on specific pieces of equipment will be provided.
- At the end of the orientation, the instructor will provide you with a record of completion sheet. Please sign the sheet and return it to the instructor.
- **YOUTH (13-17yrs) Fitness Access Requirements** – Orientation is required to access the Fitness Centre and Fitness Programs. Youth under the age of 13yrs are not permitted access. A signed Consent Form must be provided before participating in orientation. On each visit, youth will be required to have a hand stamp on entry to show to Fitness Staff.

***CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAMME. THIS IS ESPECIALLY IMPORTANT IF YOU HAVE A HEALTH CONCERN OR TAKING MEDICATION.***

### **COVID GUIDELINES - FITNESS CENTRE**

For the safety of all participants and staff, fitness centre capacity has been decreased. Physical distancing must be observed before, during and after workouts. A mask must always be worn within the building except when performing vigorous activity in the fitness centre.

Please arrive 15 minutes prior to your scheduled time to sign in. 5 minutes prior to the start of the activity, Recreation staff will escort all customers to the fitness centre.

Water filling stations are available (no fountains), please bring your own water bottle. Water only in the fitness centre, no other beverages.

Each session consists of a 75-minute workout time, with 15 minutes for sanitation between each session. All users must exit the fitness centre at the end of each workout session.

**All users are required to wipe down touch points on equipment BEFORE and AFTER each use with the sanitization wipes provided.** Dispose of the wipes in the waste receptacle provided.

Change rooms and lockers will NOT be available. You should arrive dressed for your workout. Please leave valuables at home. Staff will direct you where you can temporarily place your belongings. The City of Barrie is not responsible for lost or stolen belongings.

### **REFUNDS**

These programs are non-refundable and non-transferable. Should the City of Barrie cancel programs beyond the control of our clients, a credit will be processed to your account to use for a future activity.

Refunds will not be issued for “no shows”. If you cannot make your scheduled time, please call the Rec Centre to request a transfer to another day/time. Transfers can only be accommodated if space is available.

## MEMBERSHIP CARDS

Photo Membership Cards will be provided and be used to scan on each visit to the Rec Centres. A fee of \$5.00 applies to replace lost, damaged or forgotten cards. Single Visit rates are available.

## ETTIQUETTE

Be respectful of all equipment and fitness areas. Do not drop the free weights and avoid the weight stacks slamming together on fixed weight machines. Return equipment as required by the centre

Be respectful of other patrons. Maintain physical distancing. Follow the sanitation guidelines – be aware that others may be waiting to use the equipment. Complete your sets on the one machine and then move on to the next. Avoid shouting and use of profane language. Please leave the centre if you need to take personal messaging via phone, text or video. Personal recording and picture taking is not permitted. Inappropriate behavior will not be tolerated.

## TIPS FOR WEIGHT TRAINING

- Warm up at least 5 minutes at low intensity prior to weight training.
- Do each exercise in a slow and controlled manner. Pause for 1 or 2 seconds at the beginning and end of each repetition. Exhale on the most difficult part of the exercise. Keep elbows and knees soft and wrists straight. Do not squeeze the weights in your hands, as this will cause the blood pressure to elevate.
- Do not work the same muscle group two days in a row. Allow 1 day between workouts to recover.
- To achieve endurance, use lighter weights and do 10 – 15 repetitions. For strength, use heavier weights and do 6 – 8 repetitions.
- Once you are comfortable, confident and you are performing the exercises correctly, gradually start to increase the weight or the number of sets you perform. The final two repetitions should feel challenging, but you should be able to use good form.

# YOUTH FITNESS ORIENTATION CONSENT FORM

**A signed Consent Form by a legal parent/guardian required prior to participating in the Orientation.**

### ACKNOWLEDGEMENT OF UNDERSTANDING AND CONSENT

*Youth between the ages 13-17 years old must complete an orientation and be registered in the computer (including a picture) to use the fitness centre. Signing this form, you confirm that you have read, understood, and received a copy of all the information provided on this form. I, as the designated parent/guardian of the youth named below, hereby give consent to participate in a fitness centre orientation and confirm that should the dependant named below not abide by all the conditions outlined, privileges can be suspended without refund.*

			<b>H:</b>
			<b>C:</b>
<i>Name of Youth (Please Print)</i>	<i>Date of Birth</i>	<i>Name of Parent/Guardian (Please Print)</i>	<i>Contact Number</i>
<i>Youth Signature</i>	<i>Date</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>

### STAFF INFORMATION

<i>DATE OF ORIENTATION</i>	<i>COMPLETED(Y/N)</i>	<i>STAFF SIGNATURE</i>