



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 wear proper gym attire including shirts. Comfortable clothing that allows you to move freely are recommended. Indoor, closed-toe and heel athletic shoes only, no sandals or croc type footwear.

WHAT TO EXPECT:

- Orientations are done in group formats to accommodate the level of demand for this extra value service.
- Arrive 10 minutes before the orientation. Late arrivals cannot be accommodated. Please rebook.
- 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.**

GENERAL GUIDELINES

- Water filling stations are available. Please bring your own water bottle. Water only in the fitness centre, no other beverages.
- The City of Barrie is not responsible for lost or stolen belongings. Leave valuable at home.
- Day lockers are available. Bring your own lock or rent one for \$5.00 (refundable upon return).
- All users must wipe down touch points on equipment BEFORE and AFTER each use with the wipes provided. Avoid wiping digital displays. Waste receptacles provided.
- Equipment is available on a first come, first served basis. Be aware that others may be waiting to use the equipment. **Avoid grouping and idle standing around.**
- Do not drop the free weights and avoid the weight stacks slamming together on fixed weight machines.
- After use, wipe down equipment and clean up your area; return equipment, unload bars, pick up dumbbells, return benches
- Cell phones & Personal Recording Devices - Please leave the centre if you need to take personal messaging via phone, text, or video. Respect the privacy of others, No Personal recording and picture taking permitted.
- Program Refunds – programs are non-refundable and non-transferable. Should the City of Barrie cancel programs beyond the control of our clients, a credit to your account to use for a future activity will be issued. Refunds will not be issued for “no shows”. Refunds and complimentary passes cannot be issued if equipment is unavailable.
- Photo Membership Cards must be 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.
- Instruction on City Owned equipment can only be provided by City of Barrie Fitness Staff only (Insurance purposes). If you are unfamiliar with the use of equipment; please ask a Staff person for help.
- Appropriate fitness attire must be worn including shirts. Indoor, close toe and heel athletic shoes only, no sandals or croc type footwear.
- People can be sensitive to scents, please be considerate.
- No gym bags and outerwear in the fitness centre. Use Day Lockers and secure your belongings.
- Classes and instructors are subject to change without notice.

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

FITNESS ORIENTATION INFORMATION

ETTIQUETTE

Be respectful of all equipment, fitness areas, staff, and other patrons. Be mindful about being distracted – for example sitting on a machine and texting, taking cell phone call, gathering in groups around equipment to socialize. Avoid shouting and use of profane language. Please review the City of Barrie Fair Play Policy, 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.

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

YOUTH FITNESS ORIENTATION CONSENT FORM

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 center. 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.

			H: C:
<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>

Personal information on this form is collected under the authority of the Municipal Act, 2001, Section 8, as amended. The information will be used to register and enroll into the Licence 2 Ride program. Questions about the collection should be directed to the Director of Recreation & Culture, City of Barrie, 705-739-4287 or recreation.information@barrie.ca