

COLUMBUS CENTRE ATHLETIC CLUB FACILITIES PROCEDURES, RULES AND REGULATIONS

A. MEMBERSHIP – INTRODUCTION

1. We recommend that you check with your physician or healthcare provider before starting a new fitness program to identify any possible health risks. This is particularly true if you (or your family) have a history of high blood pressure or heart disease or cholesterol, or if you have ever experienced chest pain when exercising. Do not start this fitness program if your physician or health care provider advises against it.
2. While on the premises, if you experience discomfort, acute pain, dizziness, sudden headache or chest pain, stop exercising or using the equipment and amenities immediately, and inform a staff member or anyone in the vicinity that you are not well.
3. If there are any changes in your medical condition, please update any personal information on file.
4. We reserve the right to deny a membership application if the applicant does not comply with the rules and regulations set forth in this document.
5. Concerns regarding membership issues should be directed to the Membership Office, or email fitness@villacharities.com.
6. You acknowledge that there is a risk associated with participating in fitness activities and in exercising. Your participation is completely voluntary, and you acknowledge that you are assuming all risks of injury to yourself or others including any illness or medical condition. Please raise any concerns about starting an exercise or fitness program with your physician before using the Columbus Centre's facility (the "Facility"). You further understand and acknowledge that your use of the showers and/or change rooms in the Facility, including your use during such time that the Facility is not staffed ("Unstaffed Hours") is entirely at your own risk. Your use of the showers and/or change rooms at all times is completely voluntary and you acknowledge that you are assuming all risks of injury to yourself or others. You agree on your own behalf (and on behalf of your personal representatives, heirs, estate trustees or assigns) to:
a) release, indemnify and discharge Columbus Centre, including its owners, officers, directors, agents, employees or independent contractors ("us"), from any and all claims or causes of action (known or unknown) which you may have arising out of your use of the Facility, including, without limitation, your use of the showers and/or change rooms, and those arising out of the negligence of our staff, agents or representatives; and b) to indemnify and save us harmless from any and all claims or causes of action (known or unknown) brought against us by any party arising out of your actions, including your negligence, while at the Facility. We, Columbus Centre, are not responsible for any damage to, loss or theft of your personal property.

B. MEMBERSHIP - CRITERIA

Adults

1. There are two levels of membership available: General and Health Club. Please select the option most suitable to your needs.
2. A barcoded membership access tag will be issued to you with paid membership. The access tag will be disabled if your membership dues are not up to date; or if your membership has been terminated, suspended or frozen.
3. All members must have their photograph taken for the access tag.
4. Entry to our facilities is with the use of your access tag.
6. Report a lost/stolen tag at the Membership Office. A replacement tag will be issued for a \$5.00 fee.
7. The access tag is not transferable; and is only for the use of the person to whom it was issued. The use of the tag by friends or family members is prohibited.

Children and Youth

8. Children up to and including 12 years of age have free access to the facilities in the non-restricted areas (swimming pool & booked squash courts), provided that the parent's membership is in good standing. Parent supervision is always required.
9. Children under 12 years of age are not permitted in the main gym, or the running track. However, they may participate in age-appropriate programs & classes offered by a Columbus Centre authorized fitness professional.
10. Youth between the ages of 13 to 17 are required to purchase their own membership; and must be always under the supervision of the parent, unless a youth consent form has been signed and filed with our office, either by a parent or legal guardian.
11. Parents are not permitted to supervise their children during organized activities.
12. Children 6 years of age and under may use any gender bathroom when accompanied by parent/guardian.

Guest Services

18. Athletic Club guests must complete a registration card and provide a government-issued photo ID. No guests are allowed in the athletic facilities without registration.
19. Guests under 17 years of age must be always accompanied by the parent member.
20. Guests or members 17 years of age and under are prohibited from entering the Health Club facilities.
21. Guests or members must be 13 years of age to be able to enter the main gym.

C. OPERATING RULES AND REGULATIONS

1. The operation hours of the facility are posted throughout. You are required to adhere to them without exception unless otherwise noted. Due to insurance regulations, non-compliance can lead to disciplinary action, including suspension.
2. Pets (other than service pets) are not permitted anywhere on the premises.
3. Smoking and vaping are prohibited everywhere on the premises.
4. Alcohol and illicit drugs are prohibited on the premises.
5. No persons may enter the facility while under the influence of alcohol illicit or drugs.
6. Firearms or other weapons as determined by police services are prohibited on the premises.
7. Inappropriate behaviour of any kind towards anyone on the premises including staff, will not be tolerated. Offensive language and remarks, violence, harassment of any kind including bullying, will not be tolerated. Federal provincial and municipal legislation will be enforced to the full extent.
8. Soliciting of any product is prohibited on the premises.
9. Any person causing any damage to facilities and equipment will be held responsible for cost replacement, and their membership will be terminated.
10. The use of any type of photographic equipment without the express consent of the Columbus Centre, including cell phones, video, etc., is prohibited on the premises.
11. Suitable & appropriate exercise clothing must be always worn while exercising in the workout areas. Closed training shoes must be always worn (except in wet areas).
12. The use of Columbus Centre or Columbus Centre Athletic Club logo for promotional, marketing or advertising purposes is prohibited.

(a) Use of Lockers & Personal Belongings

1. Lockers are provided in the changing rooms to store your gear while you train (you must provide your own padlock). Note that we do not undertake that the use of a locker or valuables locker will guarantee that theft or damage to your property will not occur. Check your personal insurance policy coverage for loss of personal effects. We do not accept responsibility for any loss or theft of money or loss or damage to personal property of members or their guests whether locked in a locker or otherwise.
2. Do not leave your belongings unattended on the premises at any time. Report any lost or stolen items immediately to reception.
3. Management reserves the right to open a locker, if there are reasonable grounds to determine that a locker is being used for inappropriate storage. We may open the locker & remove any articles within.
4. Belongings left in a non-rental locker overnight will be removed. Should the belongings not be claimed within 30 days, they will be donated to charity.

5. Daily locker rental is available for a monthly fee; Details are available at the Membership Office.

(b) Use of Equipment & Policies Governing our Facilities

1. Equipment must only be used for its intended purpose; following the posted instructions. Should you have any questions, ask a fitness staff attendant for assistance.

2. Inspect equipment before use and do not use the equipment if it appears damaged and/or inoperable; or any component appears to be missing, worn and/or damaged.

3. Report damaged equipment or facilities to a staff member.

4. When using strength equipment, make sure that the weight pin is completely inserted. Never pin the weight stack in an elevated position. Inspect all cables, straps & other connections.

5. Do not use dumbbells on any cardio equipment or any other equipment, other than equipment specifically provided by the manufacturer, to incrementally increase weight resistance on strength equipment.

6. All weights and equipment must be handled with care and should be returned to their designated places after use.

7. Ensure that the treadmill has come to a complete stop before stepping onto or getting off a treadmill.

8. Wipe equipment after use with the disinfectant wipes provided.

9. Be courteous to your fellow members.

10. No food, glass bottles or gym bags are allowed on the training floor, except for water bottles and sports drinks.

(c) Personal Training

1. Details regarding the engagement of an authorized personal trainer can be obtained at the reception desk. More specific information can be obtained by contacting the Membership Office at fitness@villacharities.com.

2. Only authorized Columbus Centre Personal Trainers are permitted to provide personal training on the premises.

(d) Sauna & Steam Room

1. No person under 18 years of age is allowed use of the sauna or steam room.

2. Persons at risk, be it elderly, pregnant or suffering from heart disease, diabetes, high/low blood pressure or any other serious medical condition are advised not to use the sauna or steam room.

3. A thorough shower is required before entering the sauna and steam room.

4. Sit on a towel when using the sauna or steam room; appropriately cover your body with a towel; avoid the use of oils, creams or cosmetic products in the whirlpool, sauna or steam room; do not shave or exfoliate; do not dry clothing or towels in the sauna; do not touch the sauna hot rock unit or steam room pipes.

5. Facilities may be closed from time to time for health, safety and maintenance.

e) Use of Studios

1. Classes need to be pre-booked on the Antaris app, by phone or in person. We have maximum person capacity load.

2. Class timetables and instructors may change from time to time without notice. Check the Antaris app or website for all the latest details.

3. Arrive at least 5 minutes before the start of class. No entries will be permitted later than 15 minutes after commencement.

4. Prior to class, inform the instructor regarding any health issues such as pregnancy, or illness and injuries.

(f) Swimming Pool

1. Pool rules are posted on the pool deck, (the west and south walls). These rules must be always adhered to.

2. Every bather must shower thoroughly with soap and warm water prior to entering the pool (Reg. 565).

3. Long hair must be tied back.

4. Do not use oils, creams, or make-up prior to entering the pool.

5. Food is not permitted on deck. Glass is not permitted anywhere in the pool area.

6. Outdoor footwear may not be worn on the lower pool deck (Reg. 565).

8. Equipment may be used only at the discretion of the lifeguard/Instructor on duty.

9. Children 7 years of age and younger must be accompanied in the water by a guardian 16 years of age or older and always be within arm's reach of that guardian. Children 8 – 11 years of age can be admitted into the pool without a guardian, provided that a guardian 16 years of age or older is in the pool area. The ratio of children accompanying a guardian must be no greater than 3 to 1, regardless of age.

10. All children under 12 years of age must pass a deep end test to go into the deep end.

12. Deep End Test - One length of the pool with a recognizable stroke and one minute of treading water. See the lifeguard on duty to complete the test.

13. Pool fouling can occur and may cause pool closures.
14. For health and safety reasons, the pool may be shut down for periodic maintenance.
15. Choose the appropriate lane for your pace: Fast, Medium or Slow. Lifeguards have the responsibility and authority to ask you to move to a specific lane.
16. When entering a lane, give swimmers the right of way and notify them that you are entering.
17. Parallel swimming can be done until a third person enters the lane. Circle swimming will commence in a counterclockwise direction when all swimmers have been notified and are ready.
18. Allow faster swimmers to pass you once you have reached the end of the pool. If you are consistently being passed, please move to a slower lane.
19. When pausing at the end of the pool, move to the corner of the lane to allow other swimmers to continue swimming laps.
20. Walking, aqua-jogging and stationary exercises can only be done in the Slow or Rec Swim Lane. These activities cannot be accommodated during Lap Swim-Only times.

(g) Tennis Courts

1. Members and their guests are not allowed to use the Tennis Courts without a reservation.
2. Members' guests are welcome for a fee of \$15.00 per guest, per visit. Guest fees are payable at the Membership Office or Tennis Hut prior to playing. Fees are subject to change.
3. Court reservations will be made up to 48 hours in advance.
4. Members are allowed one booking per day.
5. Single name reservations will not be allowed.
6. Booking under a false name will result in losing the court that has been booked.
7. Play periods of one hour duration. Exceptions are made for Athletic Club events and programs. At the end of the playing period, players may continue to play if there is no one waiting for that court provided they document the court time.
8. Reservations will be considered defaulted 10 minutes after the play time has commenced.
9. Players not honouring reservations will lose booking privileges.
10. Cancellations must be made at least 2 hours to court booking time.
11. Youth may play after hours provided their parent/guardian is a member and is playing with the youth.

12. Outside Pros/Coaches are not allowed to teach at Columbus Centre.
13. Baskets of balls are for the use of the teaching staff only. Unauthorized use is prohibited.
14. Players must use more than 3 balls per court.
19. No food allowed on the courts; water and or sports drinks only.

(h) Court Etiquette

1. Proper tennis attire must be worn (non-marking athletic shoes). No abbreviated clothing, (i.e., cut-off shorts or shirts).
2. To access a court, players shall not pass through or behind a court while the ball is in play. Before entering a court where a match is in progress, players must wait until the point is over.
3. Loud and abusive profane language, racquet throwing or hitting balls indiscriminately is prohibited.
4. All members and their guests are expected to behave in a manner that will not disturb other players.
5. The highest type of ethical behavior is expected from every member and their guest. Players are under an obligation to avoid acts that are unethical and detrimental to the game of tennis.

(i) Squash Courts

1. Court bookings are for 60-minute sessions only.
2. One booked session allowed per day (times need to be identified).
3. Bookings can be made by phone or in person, at the control desk in the Membership Office. Bookings can only be made a maximum of 24 hours in advance.
4. Cancellations must be made at least 2 hours prior to court booking time.
5. If you do not arrive within 10 minutes of your booked court time, you lose your right to the court.
6. Appropriate squash shoes with non-marking soles must be always worn on the courts.

E. HEALTH & SAFETY

1. Be aware of emergency exits, equipment and posed procedures. In the event of an emergency, notify staff, CALL 911, and follow the staff's instructions.
2. Adhere to health & safety notices displayed throughout the facility.
3. Do not tamper with fire doors or any safety devices.
4. Do not run through the facilities. Be aware of the different floor surfaces that you move across as you walk through the Athletic Club. As ongoing cleaning & maintenance will be taking place, related tools &

equipment may be hazardous, and some floor surfaces may be wet and therefore slippery. Proceed with caution in these areas.

5. Any injuries/incidents and/or hazards are to be reported to Columbus Centre staff.

F. USE OF ON-SITE PARKING FACILITIES

1. Parking is available free of charge in the evenings after 6:00pm to 6:00am and on weekends.

2. Pay parking applies Monday through Friday from 6:00am to 6:00pm. All paid members are entitled to the first 4 hours of parking free of charge with the proper use of a fob issued with paid membership.

3. All parking violations will have to be addressed by the third-party parking operator Parklink, and NOT the Columbus Centre.

4. Parking regulations may change from time to time with notice.

5. Parking fees may change from time to time with notice.