



Weight Room Conduct

Safe and proper use of facilities and equipment is required by all patrons. Visitor Code of Conduct in Saanich Recreation Facilities policy 20 in effect.

WORKING OUT IN THE WEIGHT ROOM

- The minimum age for weight room admission is 13 years.
- A Saanich or regional weight room orientation is required for patrons aged 13 to 15 years.
- Respect privacy: photo and video recording is **strictly prohibited**.
- Respect the weight room as a scent-free zone.
- Wear appropriate exercise clothing including clean, enclosed shoes.
- Only Saanich employees and approved contractors may provide health services or personal training in the weight room.

CREATING A RESPECTFUL AND ENJOYABLE SHARED SPACE

- Share equipment and common areas in a timely and respectful manner.
- Maintain a 30-minute maximum on cardio equipment.
- Respect equipment and facilities: do not drop or slam weights.
- Spray towel and wipe down equipment after use.
- Return weights and equipment after use.
- Use positive, inclusive, and respectful language; do not shout or make inappropriate sounds.
- Conduct personal calls outside of the weight room.

ENSURING SAFETY FOR YOURSELF AND OTHERS

- Store personal items in a locker or cubicle.
- For safety, bags are not permitted on the weight room floor.
- Use safety collars on barbells.
- Use spotters when required.
- Report incidents, equipment damage or other concerns to staff.

Saanich weight rooms are a welcoming and inclusive space for everyone.