

Kelsey Centre Weight Room Rules

PLEASE READ BEFORE ENTERING

You must be 18 years or older to use these facilities

Proof of age is required for those 16 or 17, they may use the facilities without supervision providing the parents have signed the waiver (form at front desk) and they respect the facility rules.

Proof of age is required for those 12-15 years old. They may use the facility providing they have a Supervising Adult (18 & older) with them at all times, and **Parents** have signed waiver. (Form at front desk.) They must respect the rules and facility at all times.

There is no “On Duty” Weight Room Supervisor. All individuals use at own risk. It is recommended that you work out with a partner.

If you do not know or are unsure how to use the equipment please ask or do not use until shown.

Please respect the equipment and other participants by:

Replace and wipe down all equipment after usage with spray and towel provided

Keep the room tidy and return items used to stored location

Be courteous and refrain from profanity

You will be asked to leave if the above rules are not respected and will be unable to return until a meeting with the Manager is attended.

Kelsey Centre Management