

Brudenell, Lyndoch and Raglan Mini Gym Gym & Facility Guidelines

Welcome to the Brudenell, Lyndoch and Raglan Mini Gym!

In order for each and every participant to feel comfortable and safe within the Mini Gym, the following is a list of rules and guidelines for the Brudenell, Lyndoch and Raglan Mini Gym that must be followed when in the Mini Gym, recreation facility, and/or participating in programs.

The staff members and volunteers of the facility have the right to ask members to leave, or revoke their membership for a predetermined length of time in order to keep our client's and facility safe. Please ensure that each rule is followed.

- All members should be dressed appropriately for physical activity when they enter the Mini Gym. Clothing such as t-shirts, sweaters, sweatpants, shorts, yoga pants, and indoor running shoes are proper wear for the facility.
- Users under the age of 16 shall be accompanied by an adult.
- Members within the facility must be appropriate with all other members of the facility. We will not tolerate foul language, inappropriate behaviour around the equipment and with other clientele, as well as any damage that has been made to equipment within the Mini Gym.
- No outdoor footwear will be worn within the facility.
- Please refrain from using perfumes and/or scented products before entering the Mini Gym.
- No food, drinks (aside from water) or personal belongings can be brought into the Mini Gym. All personal items must be kept outside of the Mini Gym. Bags can be hung on the hooks provided in the Mini Gym.
- We will not be responsible for any stolen or loss items that are brought within the facility.
- All members using the cardio machines, exercise equipment, benches, mats, and free weights must wipe down and spray all pieces of the equipment after each use.
- Always return equipment to its regular place immediately after each use to ensure the safety of others and to help maintain a clean facility.
- Cell phones may be used in the gym for music during your workout. Using cell phones to capture photos or videos of others in the Mini Gym will lead to a staff member asking you to leave the facility. Capturing photos and videos of others in the facility will not be tolerated.
- If there are any questions regarding the machines, program availability, or membership details, please contact the Municipal Office at 613-758-2061.

**Thank you from the Staff & Volunteers of the Brudenell, Lyndoch & Raglan Community
Center & Arena!**

