



CITY OF FORT ST. JOHN

NORTH PEACE LEISURE POOL
CARDIO OPERATIONS POLICY
Committee Policy No. 25/00

Records Management Number: 1810-00
Finance

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CARDIO OPERATIONS POLICY

POLICY STATEMENT

The purpose of the Cardio Room Operation Policy is to outline operations and regulations of the Cardio-Fitness room at the North Peace Leisure Pool.

POLICY

The cardio-fitness room will be open during regular hours of operation.

- A. Fitness Center Etiquette:
- Bags must be stored in a locker
 - To ensure a comfortable atmosphere for everyone, please be courteous and respectful of others;
 - During peak times (or while others are waiting) please limit your times on the cardio equipment to 20 minutes;
 - Wipe down each piece of equipment, after use, for the next person;
 - Wear dry attire – closed toed shoes, shirt and shorts / pants;
 - Please refrain from bringing in any food (water bottles are permitted);
- B. Age Restrictions:
- 16 years and older;
 - Participants 12 to 15 years of age must be accompanied and supervised by an adult;
 - 11 years and under not permitted.
- C. Supervision:
- The cardio-fitness room will be an unsupervised area. Persons requiring assistance will require an appointment with the Pool Manager or Aquatic Supervisor.