

# Canada Games Complex User Policy



Everyone entering the Canada Games Complex must report to the Front Desk. If you have a membership or are registered in a program, we ask that you swipe your card each time that you enter the facility for control and security purposes. The card is reusable each session. Please keep it for future use.

We aim to provide a safe family environment. Report any undesirable behaviour immediately.

**Pool Admission Requirements:** Anyone infected with a communicable disease or having open sores on their body will not be allowed in the pool. Everyone must shower before entering the pool.

**Hot Tub and Saunas:** Children 3 and under are not permitted in the hot tub/saunas at any time. Children under the age of 12 are not allowed in the hot tub/saunas unless supervised by a person who is 18 years of age or older who is in the water. Pregnant women and persons with known health or medical conditions should consult a physician before using the hot tub/saunas.

**Proper attire** must be worn while using Canada Games Complex facilities. **For the pool:** Swimsuits or clean hemmed shorts and/or a clean t-shirt. Children who are not toilet trained, must wear swimmer diapers (ie. Huggie's Little Swimmer, Gabby's Pool Pant) **and rubber pants with tight fitting elastic openings.** No disposable or cloth diapers are permitted. **For the fitness areas:** Shirt and shorts or track pants and clean athletic footwear. No sandals, or street clothing.

Children 4 years of age or older are required to use the change room designated for their gender. We offer a change room for adults with children of the opposite sex. Please ask at the Front Desk.

**Admission to Other Fitness Areas:** Children 8 to 12 years of age must be accompanied by a participating individual 19 years of age or older (some restrictions apply). Children must be 13 years of age to use fitness areas unsupervised - proof of age will be required.

For the safety of the children and other users no children 12 years and under are allowed in the Weight Room.

Locker room must be used prior to entering any workout area/room.

Avoid thefts. Lock your locker. We are not responsible for lost or stolen items. Day lockers and locks are available for rent at the Front Desk. Locks left overnight will be removed.

Be aware that there is an inherent risk when participating in any physical activity.

Consult your physician before beginning any physical activity. Patrons with serious medical conditions should be accompanied by another person knowledgeable of their condition and responsible for their direct supervision.

If rules are not adhered to, user privileges will be restricted.



  
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