


Policy Name:	WELLNESS CENTRE POLICY	 <p>coast mountain college</p>
Approved By:	President's Council	
Approval Date:	October 18, 2021	
Next Scheduled Renewal Date:	September 2026	
Policy Holder:	VP, Corporate Services	
Operational Lead:	Director, Ancillary Services	
Policy Number:	ADM-010	

WELLNESS CENTRE POLICY

1.00 PURPOSE

- 1.1 Coast Mountain College (CMTN) has a Wellness Centre located on the Terrace campus for use by students and staff and with limited access to the public. The College is committed to providing a hygienic, safe, and inclusive environment in the Wellness Centre.
- 1.2 This policy outlines the requirements for the acceptable use of the facility.

2.00 DEFINITIONS

- 2.1 **Member:** Student, faculty, staff, or fee-paying community individual who has been granted access to the Wellness Centre.
- 2.2 **Wellness Centre:** Recreation centre located in the Cedar Building. This facility includes free weights, cable machines, cardio machines, and fitness classes.

3.00 WELLNESS CENTRE USERS

- 3.1 Only Members are allowed to use the Wellness Centre.
- 3.2 All Members are required to follow public health orders at the time of use.
- 3.3 Members must be at least 16 years or older OR accompanied by a Member aged 19 or older.
- 3.4 Children are not permitted in the facility unless for specific programming. Exceptions can be made by the Manager of Campus Community

4.00 FEES

- 4.1 CMTN reserves the right to set and/or change fees for the use of the Wellness Centre.

5.00 RULES OF USE

- 5.1 Members are required to sign a waiver and the rules before using the facility.
- 5.2 Members are solely responsible for their own safety and well-being. CMTN does not provide supervision, instruction, or assistance for the use of the facilities and equipment.

- 5.3 Members must comply with all rules regarding the use of the Wellness Centre and conduct themselves in a controlled and reasonable manner at all times, using equipment only in a manner that is consistent with its intended design and purpose.
- 5.4 CMTN requires that Members wear appropriate clothing and footwear while in its facilities to prevent unnecessary wear and tear and to ensure health and safety. General guidelines are clean athletic clothing along with clean appropriate shoes.
 - a) Bare feet are not permitted outside of fitness classes.
- 6.00 ALCOHOL, DRUGS, AND SMOKING
 - 6.1 Members cannot engage in any activity at CMTN while intoxicated.
 - 6.2 Smoking, alcohol, and drugs are strictly prohibited within the facility.
- 7.00 FOOD AND BEVERAGES
 - 7.1 Food is not permitted in the Wellness Centre.
 - 7.2 No glass containers are permitted in the facility.
 - 7.3 Beverages in plastic or metal containers with re-sealable caps are permitted.
- 8.00 PRIVACY
 - 8.1 Users of the Wellness Centre must respect the privacy, safety, and security of all other users.
 - 8.2 Recording and picture-taking are not permitted in the facility.
- 9.00 CARE OF EQUIPMENT
 - 9.1 Members are required to clean off equipment after each use.
 - a) Disinfectant and paper towels are provided for this purpose.
 - b) Weights must be put back in the racks after use.
 - 9.2 CMTN is not responsible for any personal property that is lost, stolen, or damaged while using the Wellness Centre.
 - 9.3 The Member is responsible for ensuring their familiarity with the equipment and safe use of the Centre.
 - 9.4 Members are not permitted to:
 - a) remove equipment from the Wellness Centre
 - b) leave or use unauthorized equipment at the Wellness Centre.
- 10.00 DAMAGE, HARM, AND INJURY
 - 10.1 Use of the fitness facility and participation in fitness activities is completely voluntary.
 - 10.2 Each individual assumes the risk for any damages, harm, or injury sustained.
 - 10.3 CMTN cannot assume any responsibility for injuries incurred through participation in the fitness facility or activities.
 - a) It is strongly advised that participants use caution and be aware of potential health risks associated with exercise.

10.4 Should an accident, injury, or related incident occur, Members should seek appropriate medical attention immediately.

11.00 APPROPRIATE CONDUCT

11.1 Members are expected to show kindness.

11.2 Inappropriate conduct will not be tolerated. Such behaviour includes but is not limited to:

- a) using loud, abusive, offensive, insulting, and/or demeaning language
- b) profanity
- c) loud music
- d) lewd conduct or any conduct that harasses or is bothersome to others, or that willfully damages property and/or equipment.

11.3 The Wellness Centre is a fragrance- and odour-free zone.

12.00 TERMINATION

12.1 Any Member violating the Wellness Centre rules will be asked to stop and may be asked to leave and/or have their access suspended or terminated.

12.2 CMTN reserves the right to grant access and terminate access to the Wellness Centre at any time.

13.00 CANCELLATIONS

13.1 CMTN reserves the right to cancel fitness programs for any reason. A full refund will be issued should a fitness program be cancelled by CMTN.

13.2 All memberships may be cancelled at any time and receive a prorated refund starting from the cancellation date.

14.00 RELATED POLICIES, PROCEDURES, AND SUPPORTING DOCUMENTS

14.1 ADM-009, *Student Non-Academic Conduct Policy*

14.2 EDU-007, *Sexual Violence and Misconduct Policy*

14.3 HMR-001, *Employee Code of Conduct Policy*

14.4 HMR-003, *Bullying, Harassment, and Discrimination Policy*

14.5 HMR-007, *Smoking Policy*

14.6 HMR-008, *Drug and Alcohol Policy*

15.00 HISTORY

Created/Revised/ Reviewed	Date	Author's Name and Role	Approved By
Created	Oct 18, 2021		President's Council

