



Red Deer Polytechnic  
 Fitness & Sport Services  
**Gary W. Harris Canada Games Centre**  
 120 College Circle | Box 5005  
 Red Deer | AB | Canada | T4N 0T7  
 Phone: 403.356.5100  
 Website: www.rdpolytech.ca

# GARY W. HARRIS CANADA GAMES CENTRE YOUTH ORIENTATION POLICY SAFETY PROCEDURE

PARTICIPANT LAST NAME	PARTICIPANT FIRST NAME		
PARTICIPANT MAILING ADDRESS	CITY	PROVINCE	POSTAL
PARTICIPANT PRIMARY PHONE	PARTICIPANT EMAIL		
LEGAL GUARDIAN NAME (LAST/FIRST)	RELATIONSHIP TO PARTICIPANT		
LEGAL GUARDIAN PRIMARY PHONE	LEGAL GUARDIAN EMAIL		

**Overview of orientation:**

- We need to ensure that our youth members understand the rules of the fitness centre, so that you do not get injured as your safety is at utmost important.
- To give youth the information to use our facility safely.
- Ensure rules and consequences of rule breaking are understood.
- Shoe tags will be provided and **MUST BE WORN AT ALL TIMES** when entering and using the fitness facility. Youth will be denied entry unless the shoe tag is worn. There will be a \$5.00 fee to replace a lost shoe tag.

**Conditions of use for the Fitness Centre, Track and Squash Courts:**

- Please place personal belongings in a locker or cubby before using the Fitness Centre.
- Red Deer Polytechnic assumes no responsibility for personal belongings that are damaged, lost or stolen.
- Always wear appropriate workout clothing and footwear, including writing/images on clothing.
- Ladies must wear a layer/shirt over top a sports bra. Jeans or clothes with grommets/buckles are not permitted.
- No open toe or open heel footwear allowed. No Sandals. Only clean non-marking indoor running shoes are permitted in the Fitness Centre and Squash Courts. **\*Shoes MUST BE WORN at all times\***
- Emergency Exit maps are located in the facility. Each staff can point out their location for your reference.
- First Aid responders are not guaranteed to be on location at Red Deer Polytechnic Facilities. See RDP Staff for assistance or directly call 9-1-1 for a major Emergency.
- RDP Facilities are equipped with Automated External Defibrillators (AED's). See area staff for location.
- For safety, please return fitness equipment to its designated place after use.
- To reduce the damage to equipment, please do not drop weights in the Fitness Centre.
- Please keep dumbbells, barbells and weight plates off of the running track.
- If all cardio equipment is taken, please be respectful of people waiting.
- Please ensure all machines and equipment are wiped down before and after use with disinfectant.
- Walking aids, wheelchairs and other personal assistance devices must be free of dirt and debris before accessing the Fitness Centre.
- Be considerate of all other users and give equal opportunity to access equipment between sets.  
Out of respect for others who may have asthma or allergies, please refrain from using perfumes and colognes in the Fitness Centre.
- Report any equipment and maintenance issues to Fitness Centre Staff.
- Appropriate language is required at all times. Please refrain from derogatory comments and inappropriate language.
- Music with offensive language will not be tolerated in the centre.  
Absolutely **NO CHALK** is allowed in the Fitness Centre.
- No spikes on shoes allowed on the Running Track.
- Please look both ways before entering or crossing the track.
- The grey lane is designated for walking. If needed, please pass other members on the outside.
- Please note that the track direction changes daily.
- Protective eyewear must be worn when playing squash.
- No food or beverages in the Fitness Centre or on the running track with the exception of water and sport drinks which must be in non-glass containers.
- No external personal training is allowed in the Gary W. Harris Canada Games Centre. Any other coaches or instructors are required to work for Red Deer Polytechnic, with a contract in place.
- If you need assistances with weights or cardio equipment, please ask the Fitness Attendant.
- Smoking is not permitted within any Red Deer Polytechnic facility.
- The Gary W. Harris Canada Games Centre outdoor grounds (including pathways, sidewalks, patio areas, landscape areas, playing fields and entranceways) is designated tobacco and smoke free (inclusive of e-cigarettes). This refers to all tobacco products, including smokeless and chewing tobacco. Reference the RDP Smoking and Tobacco Policy.

SIGNATURE OF LEGAL GUARDIAN	SIGNATURE OF WITNESS
<b>X</b>	<b>X</b>

SIGNED THIS \_\_\_\_\_ DAY OF \_\_\_\_\_, 20\_\_\_\_ AT RED DEER, ALBERTA, CANADA.

This Liability Waiver must be completed in full (signed, dated and initialed where indicated) before any participant may begin in Programs. Parents or legal guardians will assume personal liability for claims of their child or minor by completing this Agreement. Parents or legal guardians agree to hold the Releasees harmless from the claims of the child or minor.