



UM | Recreation Services

Sport and Recreation Facilities Etiquette – Gymnasiums

- **Appropriate clothes/shoes.** Wear appropriate attire for the activity. Clean, indoor, non-marking footwear is required at all times.
- **Leave no trace.** Put equipment back when finished. Keep food, beverages and glass objects out of the area. Water is great!
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Take care of equipment.** Hanging/Slam Dunking on basketball rims is prohibited.
- **Share.** Hoops, nets and other equipment when busy.
- **Inform us.** If an injury, damage, or accident occurs, or if someone is suspicious, let Staff know right away.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be considerate of others Health.** Help prevent the spread of illness and disease. Cover open wounds and rashes, and avoid attending if you have a contagious illness.
- **Be respectful of others.** This is a respectful work and learning environment.
- **Rules and Regulations are subject to change without notice.** All patrons using the facilities must abide by the rules and regulations. Be advised that anyone not abiding by the rules and regulations may result in loss of privileges and access to the facilities.



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Sport and Recreation Facilities Etiquette – Studios

- **Appropriate clothes/shoes.** Wear appropriate attire for the activity. Clean, indoor footwear is required except for certain fitness, martial arts, and wellness classes.
- **Listen to your body.** Challenge yourself; modify your workout based on how you feel and your fitness level.
- **Keep it down.** Avoid extra conversations during class.
- **Clean up after yourself.** Wipe equipment when finished.
- **Leave no trace.** Put equipment back when finished. Keep food, beverages and glass objects out of the area. Water is great!
- **Inform us.** If an injury, damage or accident occurs, or if someone is suspicious, let your Instructor know right away.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
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Sport and Recreation Facilities Etiquette – Studios

- **Arrive on time.** It is disruptive to other participants and unsafe for you if you are more than 5 minutes late, please join us next class.
- **Leaving early.** You are encouraged to stay for the entire class. If you must leave early, clean up and exit with minimal disruption.
- **Appropriate clothes/shoes.** Wear appropriate attire for the activity. Clean, indoor footwear is required except for certain fitness, martial arts, and wellness classes.



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Sport and Recreation Facilities Etiquette – Combative Room

- **Appropriate attire.** Wear appropriate attire for the activity. Clean, bare feet are required; absolutely no shoes on the mats.
- **Listen to your body.** Challenge yourself; modify your workout based on how you feel and your fitness level.
- **Keep it down.** Avoid extra conversations during class.
- **Clean up after yourself.** Wipe equipment when finished.
- **Leave no trace.** Put equipment back when finished. Keep food, beverages and glass objects out of the area. Water is great!
- **Inform us.** If an injury, damage, or accident occurs, or if someone is suspicious, let your Instructor know right away.
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Sport and Recreation Facilities Etiquette – Combative Room

- **Arrive on time.** It is disruptive to other participants and unsafe if you are more than 5 minutes late for a class, please join us next class.
- **Leaving early.** You are encouraged to stay for the entire class. If you must leave early, clean up and exit with minimal disruption.
- **Appropriate attire.** Wear appropriate attire for the activity. Clean, bare feet are required; absolutely no shoes on the mats.



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Sport and Recreation Facilities Etiquette – Pool

- **Appropriate clothes/shoes.** Wear appropriate attire for the activity. Clean, indoor footwear only on deck and bathing suits required.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times.
- **Listen to your body.** Challenge yourself; modify your workout based on how you feel and your fitness level.
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Leave no trace.** Put equipment back when finished. Keep food, beverages and glass objects out of the area. Water is great!
- **Inform us.** If an injury, damage, or accident occurs, or if someone is suspicious, let your Instructor know right away.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be considerate of others Health.** Help prevent the spread of illness and disease. Cover open wounds and rashes, and avoid attending if you have a contagious illness.
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Sport and Recreation Facilities Etiquette – Fitness Areas

- **Share.** If you're doing multiple sets on a machine, let others work in during your rest periods.
- **Clean up after yourself.** Wipe the machines down when you're finished.
- **Leave no trace.** Put your weights back when you're finished. Sorry no chalk. Keep food, beverages and glass objects out of the fitness areas. Water is great!
- **Take care of equipment.** Lower weights carefully and no dropping them.
- **Don't overuse equipment.** In peak times, limit your time on each machine to 30 minutes.
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Clean, indoor, non-marking footwear is required at all times..
- **Inform us.** If an injury, damage, or accident occurs, or if someone is suspicious, let our Staff know right away.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
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Sport and Recreation Facilities Etiquette – Locker Rooms

- **Clean up after yourself.** If the locker room needs to be cleaned, let our Staff know.
- **Leave no trace.** Keep food, beverages and glass objects out of the locker room. Water is great!
- **Take care of lockers.** Please treat with care and lock your belongings up.
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Clean, indoor, non-marking footwear is required.
- **Inform us.** If an injury, damage, or accident occurs, or if someone is suspicious, let our Staff know right away.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times. Children 7 years or older should be in their own gender locker room, or use the Community Changing Room.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be respectful of others.**



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Sport and Recreation Facilities Etiquette – Day Use Lockers

- **Day Use Lockers:** Are available daily for no charge on unclaimed lockers.
- **Lock It Up:** Please lock your locker. Locks are available at the Customer Service Desk.
- **Unclaimed Locker Items:** Items in the Day Use Lockers will be removed daily and held for 14 days. Items may be available for return at the Customer Service Desk.



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Sport and Recreation Facilities Etiquette

- **Facility Access.** Membership and program cards are to be used by the member/program participant only, during designated times. Privileges will be revoked if sharing access cards. Facility rental users should report to the Customer Service Desk for access.
- **Forgotten Access Card.** Please report to the Customer Service Desk. Access Policy may be applied.
- **Identify yourself.** Photo ID is required by all users and visitors and must be presented upon request.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Clean, indoor, non-marking footwear is required at all times..
- **Inform us.** If an injury or accident occurs, or someone is suspicious, let our Staff know right away.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Refund Request** may be granted only when accompanied by a valid medical certificate.
- **Be respectful of others.** This is a respectful work and learning environment.
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Sport and Recreation Facilities Etiquette – Active Living Centre Track

- **Look both ways before crossing the track.**
- **Share.** 6 lanes across, inside 2 for walking, middle 2 for running clockwise → outside 2 for running counterclockwise ← Faster running on the outside track.
- **Leave no trace.** Keep food, beverages and glass objects out of the track areas. Water is great!
- **Take care of space.** Track is for walking and running only, no weights.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym. Clean, indoor, non-marking footwear is required at all times, no spikes.
- **Inform us.** If an injury or accident occurs, or someone is suspicious, let our Staff know right away.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be respectful of others.**

Track Direction and Distance – Active Living Centre



- Inner Track = 1 mile is 9.4-9 laps
- Middle Track = 1 mile is 8.7-8.4 laps
- Outer Track = 1 mile is 8-7.8 laps



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Sport and Recreation Facilities Etiquette – Community Changing Room

- **Clean up after yourself.** If the community change room needs to be cleaned, let our Staff know.
- **Leave no trace.** Keep food, beverages and glass objects out of the community change room. Water is great!
- **Take care of lockers.** Please treat with care and lock your belongings up.
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Please remain dressed while in the public space within this room. Please leave outdoor shoes in this room instead of on the pool deck.
- **Community change room showers:** Use tower shower for rinsing instead of bathing.
- **Inform us.** If an injury or accident occurs, or someone is suspicious, let our Staff know right away.
- **Gender and age neutral:** Adults and children of any age or gender can use the community change room.
- **Keep children close by:** Children 15 and under must be directly supervised by a responsible adult at all times.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be respectful of others.**



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- **Clean up after yourself.** Wipe the machines down when you're finished.
- **Leave no trace.** Put your weights back when you're finished. Sorry no chalk. Keep food, beverages and glass objects out of the fitness areas. Water is great!
- **Take care of equipment.** Lower weights carefully and no dropping them.
- **Don't overuse equipment.** In peak times, limit your time on each machine to 30 minutes.
- **Keep it down.** Loud conversations, yelling, should occur outside of our facilities.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Clean, indoor, non-marking footwear is required at all times..
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- **Forgotten Access Card.** Please report to the Customer Service Desk. Access Policy may be applied.
- **Identify yourself.** Photo ID is required by all users and visitors and must be presented upon request.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym and locker rooms. Clean, indoor, non-marking footwear is required at all times..
- **Inform us.** If an injury or accident occurs, or someone is suspicious, let our Staff know right away.
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Sport and Recreation Facilities Etiquette – Joe Doupe Recreation Centre Track

- **Look both ways before crossing the track.**
- **Share.** The track has two lanes. Walkers please use the inside lane and runners please use the outside lane.
- **Leave no trace.** Keep food, beverages and glass objects out of the track areas. Water is great!
- **Take care of space.** Track is for walking and running only, no weights.
- **Appropriate clothes/shoes.** Please wear appropriate attire in the gym. Clean, indoor, non-marking footwear is required at all times, no spikes.
- **Inform us.** If an injury or accident occurs, or someone is suspicious, let our Staff know right away.
- **No Video/Photos:** Unless you have prior approval, videos and/or photos while inside any of the Sport & Recreation Facilities are not allowed.
- **Be respectful of others.**

Track Direction and Distance – Joe Doupe Recreation Centre

- Track direction changes according to the date. Even calendar days run clockwise, odd calendar days run counter-clockwise.
- Inner Track = 84.5 m - 19 laps to 1 mile; 12 laps to 1 km
- Outer Track = 94.2 m - 17 laps to 1 mile; 11 laps to 1 km