



WELCOME  
TO THE  
RED LAKE  
COMMUNITY  
CENTRE

10 Hammell Road  
Red Lake ON  
(807)727-2064

<http://redlake.ca/web/recreation>

## **RESERVATION INFORMATION**

- Each Time slot will be 75-90 min (Slot times may vary due to staff availability)
- Maximum of 10 users in the facility at one time
- Members and pass holders can book their slots up to 7 days in advance. Drop-ins are accepted if there is available time and space.
- Any cancellation of booked times must be provided in advance or all future booked time slots will be cancelled.
- If the gym is at maximum capacity the doors will be locked
- Do not arrive early and you must be out of the building at the end of the time slot.
- Call 727-2064 to book your reservation.
- Hours of operation will vary based on staff availability.
- As we increase capacity, we remind all users to follow and respect the physical distancing guidelines.

## **COVID GUIDELINES**

*Updated March 15, 2021*

- Physical distancing must be maintained at all times
- No person shall exercise for longer than 90 minutes.
- Equipment is to be sanitized by the user before and after use
- The Centre will be closed from 2:30 pm to 4:00 pm Monday to Friday for sanitizing
- Use only one piece of equipment at a time
- No hard to clean items will be available
- All equipment must return to its original spot
- Come prepared to workout in proper attire as well as clean indoor shoes. The change rooms/showers are not available
- Come with plenty of water. Staff will not be refilling personal bottles. We have bottled water for sale.
- Follow all other normal gym rules. (see RLCC policy & procedures)
- It is mandatory to wear a mask upon entering the Red Lake Community Centre. The mask must be worn until you begin your exercising, then it can be removed. Once done your specific exercise, you must put it back on until you begin your next exercise. This includes walking between weight room, cardio room and lobby. A mask must be worn to use the bathroom as well. The mask also must be worn until you exit the building.
- Masks and eye protection/face shield must be worn when in the squash courts, unless playing solo. Games are not permitted. If there are 2 people in a court, they must maintain physical distancing at all times.

**Guidelines will change based on the best current scientific knowledge, expert opinion and public health practices during the pandemic, we thank you for your patience and cooperation.**

## RED LAKE COMMUNITY CENTRE POLICIES & PROCEDURES

*Updated September 9, 2020*

### General

1. All facility users are required to sign-in at the front desk, when doing so you are agreeing to accept knowledge of all rules, regulation, policies and procedures.
2. All facility users are required to remove their outdoor shoes at the entrance. Indoor shoes are required to utilize the weight room equipment, cardio room equipment and to play squash courts. Please note that non-marking soled shoes are permitted within the squash court.
3. Be respectful to other facility users and equipment.
4. Only personal music devices are permitted. i.e. MP3 players, iPods, etc... Headphones must be worn. No radios or stereo systems permitted.
5. Consumption of alcohol is not permitted on the premises, unless the town has granted approval and a special occasion permit has been posted on the site.

### Weight Room/Cardio Room

1. All weights must be returned the racks when not in use. Do not leave weights on floor or leaning against equipment. Strip all bars immediately after use.
2. Please keep weights and bars off vinyl to avoid tearing.
3. Please do not spit on mirror, place feet on mirrors, deface equipment, horseplay or bounce with loaded bars.
4. Ensure all equipment is sanitized before and after use.
5. Cardio equipment is to be used as per its intended use, no horseplay or risky behavior.

### Squash Court

1. Squash Participant Liability Agreement must be completed prior to use of the squash courts.
2. CSA approved goggles are mandatory for juniors (18 years and under) at all times and highly recommended for all other players.

### Programs

1. A Par-Q for each program must be completed prior to attending the program.
2. To register for a program and be guaranteed a spot, your membership must cover the duration of the program. Program registration is available at the front desk.
3. Age requirement for each program is determined by the instructor.

### Locker Rentals

1. Locker rentals are available to **Family Members ONLY** and must coincide with the length of membership.

**CURRENTLY NOT AVAILABLE**

2. Locks will be removed from locker after two weeks of expired membership.

**Failure to comply with any of the policies and procedures, will result in immediate loss of privileges. Return to the Facility must be approved by the Recreation Supervisor.**

### **SQUASH PARTICIPATION ACCEPTANCE OF RISKS & RELEASE OF LIABILITY PLEASE READ CAREFULLY**

I am aware that there are physical risks and hazards inherent in the sport of squash which include but are not limited to:

- Muscular injuries resulting from vigorous physical exertion, rapid movements and quick turns and stops on the court.
- Injuries to the eyes, teeth, face and other parts of the body resulting from being hit by a racquet or the ball.
- Bruises, scrapes and other injuries resulting from falling to the floor or colliding with the wall or other players.

By playing the game of squash I am exposed to these risks. I agree to accept these risks and to release the Municipality of Red Lake from responsibility for any injuries I might receive while playing this game, however caused. In this agreement I understand the "Municipality of Red Lake" to include members of Council, officers, employees and volunteers.

I understand that wearing protective eye guards while playing squash significantly reduces the risk of eye related facial injury. Junior players must appropriately wear eye guards. It is strongly recommended that all players appropriately wear eye guards at all times.

### **REFUND POLICY**

A full refund will be given if a program is cancelled by the Recreation Department or changed after registration in such a manner that is no longer acceptable to the registrant. Refunds before a Program Starts: Full fees, less an administration fee of ten dollars (\$10.00), will be refunded provided a written request along with copies of the receipts are submitted not less than two (2) working days prior to the start of the program. Refunds after a Program Starts Refunds will be pro-rated based on the number of classes already held, less an administration fee of ten dollars (\$10.00), for participants who are unable to continue the program due to medical reasons. The same procedure will apply for non-medical reasons, providing that the Recreation Supervisor is notified prior to the third class with copy of receipts. After the third class, no refunds will be issued. The participant must make his/her request in writing and include program receipts. All refund requests must be authorized by the Recreation Supervisor.

### **MEMBERSHIPS**

Refunds will be pro-rated, less an administration fee of ten dollars (\$ 10.00) for those participants unable to continue using the facility due to medical reasons. Memberships may be placed on hold if leaving town for extended periods of time. All cases will be viewed on an individual basis. See Supervisor A membership can be transferred to someone else once: a) The transfer has been approved by the Recreation Supervisor. b) The member wishing to transfer membership brings in his / her membership receipts. c) The person accepting the transfer fills

out a membership application. Lost/stolen cards are replaced for a \$5.00 fee. Above items are subject to change.