



VERNER FITNESS CENTRE  
CENTRE D'ENTRAÎNEMENT DE VERNER  
11790 ON-64, Verner, ON P0H 2M0  
P/T 705-753-0160 – F/TC 705-753-6636  
Email/courriel : reccenterstaff@westnipissing.ca

## VERNER FITNESS CENTRE Membership Application

## CENTRE D'ENTRAÎNEMENT DE VERNER Demande d'adhésion

Please send the completed Application Form to [RecCenterStaff@westnipissing.ca](mailto:RecCenterStaff@westnipissing.ca)  
Veuillez envoyer le formulaire rempli à [RecCenterStaff@westnipissing.ca](mailto:RecCenterStaff@westnipissing.ca)

### Information / Informations générales

|  |  |  |                         |
|--|--|--|-------------------------|
| Last name / Nom de Famille                             |  | First Name/ Prénom                               |                         |
| Address/Adresse  |  | City/Ville                                       | Postal Code/Code postal |
| E-mail/ Adresse courriel                               |  | Telephone (home) / Téléphone (domicile)          |                         |
| Telephone (work/cell) / Téléphone (cellulaire/travail) |  | D.O.B (YYY/MM/DD) /Date de naissance (AAA/MM/JJ) |                         |

### Emergency Contact / Contact en cas d'urgence

|   |  |
|---|--|
| Last name / Nom de Famille              | First Name/ Prénom                                     |
| Telephone (home) / Téléphone (domicile) | Telephone (work/cell) / Téléphone (cellulaire/travail) |
| Relationship/ Relation                  |  |

I hereby certify the information provided in this application to be accurate and complete. I understand that my personal information included in my application is collected solely by the Municipality of West Nipissing for the purpose of administration and security. By signing below, I consent to the collection, use and necessary disclosure of my personal information for these purposes.

Je certifie par la présente que les informations fournies dans cette demande sont exactes et complètes. Je comprends que mes renseignements personnels inclus dans ma demande sont recueillis uniquement par la Municipalité de Nipissing Ouest à des fins d'administration et de sécurité. En signant ci-dessous, je consens à la collecte, à l'utilisation et à la divulgation nécessaire de mes informations personnelles à ces fins.

|   |   |      |  |
|---|---|------|--|
| Signature (18+)                                 |   | Date |  |
| Name of parent /guardian   nom du parent/tuteur | Signature of Parent/guardian   du parent/tuteur | Date |  |



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## VERNER FITNESS CENTRE

### Keyless Entry Transmitter Agreement

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Your keyless entry transmitter is non-transferrable. Sharing or lending of the keyless entry transmitter is not permitted and will result in immediate deactivation of the keyless entry transmitter.

The keyless entry transmitter may only be used to access the Verner Fitness Centre during posted facility hours. Keyless entry transmitters will not work when used to access the building outside of facility operational hours. Anyone caught accessing the facility outside of posted hours will have their keyless entry transmitter deactivated.

A photo must be taken for your membership profile by the West Nipissing Community and Recreation Centre, prior to being issued a keyless entry transmitter.

A deposit of \$25 must be paid prior to obtaining a keyless entry transmitter. Loss or damage of the keyless entry transmitter forfeits this deposit. Keyless entry transmitters will be deactivated upon expiration of your facility membership. You must return your deactivated keyless entry transmitter within 30 days of deactivation in order to receive your deposit back. The deposit refund will be only issued via cheque and may take up to 10 business days to be processed.

The keyless entry transmitter only permits the holder to access the North Exterior Door of the Verner Fitness Centre and interior doors for Fitness Room A and Fitness Room B. Note that the keyless entry transmitter must be used when moving between rooms inside the Fitness Centre, as the doors will automatically lock when closed.

Should you misplace your keyless entry transmitter, you must notify the West Nipissing Community and Recreation Centre staff immediately, so it can be deactivated. Failure to do so can result in the holder of the keyless entry transmitter being responsible for any loss or damages resulting from their key being used to gain access to the building.

Any violations of this agreement or the Code of Conduct will result in your keyless entry transmitter being deactivated and loss of your facility membership and deposit.

**I hereby agree to the Verner Fitness Centre Keyless Entry Transmitter Agreement and understand that failure to adhere may result in expulsion or suspension from the facility as well as loss of membership privileges.**

Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_



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## VERNER FITNESS CENTRE CODE OF CONDUCT

Failure to adhere to the following rules may result in a cancellation of your membership or expulsion from the facility. Please be advised that you are always on camera when using the Verner Fitness Room.

### Age Limit

Patrons must be at least 16 years of age or older to use the Verner Fitness Centre unaccompanied. Proof of age may be required when registering your membership.

### Safety Protocols

- **The Verner Fitness Centre is unsupervised. Exercising can be dangerous. Individuals using the facility do so at their own risk.**
- For your own safety, only use fitness equipment for its intended purpose.
- Report any damaged or malfunctioning equipment to staff immediately, and do not use any damaged or malfunctioning equipment.
- Any misuse of fitness room equipment will result in a loss of membership privileges.
- Keyless entry transmitters can only be used to access the Verner Fitness Centre during posted facility hours. Accessing the Verner Fitness Centre outside of operational hours will result in an immediate cancelation of your membership privileges and a deactivation of your keyless entry transmitter.

### Equipment Use

- All equipment, weights and accessories must be returned to their proper location following use. Failure to do so will result in loss of fitness room privileges.
- Dropping or slamming dumbbells, or weight stacks is prohibited.
- Wipe down all equipment following use with the cleaning solution/ paper towels provided.
- Do not sit on machines between sets.
- Start the treadmill with your feet securely on the machine's side rails, not on the track.
- Limit cardio equipment use to 30-45 minutes.
- Weights and dumbbells are not permitted to be used while on cardio equipment.



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## Dress Code

- Dry, closed top athletic shoes must be worn at all times. Bare feet/socks are not permitted for safety and sanitary reasons.
- **Absolutely no outside shoes.**
- Clean, dry clothing must be worn.
- A shirt must be worn at all times.

## Etiquette

- Personal belongings may not be stored on the gym floor. All bags, purses, outside shoes etc. must be stored in the designated location.
- The recording of video or photographs of other patrons in the gym is strictly prohibited.
- Refrain from shouting while in the fitness room.
- Use of profanity is not tolerated at any time.
- Training clients and/or hosting classes is not permitted in the gym at any time unless authorized in writing by management.
- Patrons are required to adhere to any “out of order” signs placed on equipment.
- The gym may only be used during posted hours and must be vacated immediately at time of closure.
- Should an emergency alarm or power failure occur while in the gym, the location must be vacated immediately.
- Patrons using the gym must behave respectfully towards one another and staff at all times.
- Bullying, intimidation, threats or physical violence will not be tolerated at any time and will result in immediate expulsion from the facility and loss of all future gym privileges.

**I hereby agree to the Verner Fitness Centre Code of Conduct and understand that failure to adhere to the preceding document may result in expulsion or suspension from the facility as well as loss of membership privileges.**

**Print Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Signature :** \_\_\_\_\_ **Staff Initial:** \_\_\_\_\_



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## VERNER FITNESS CENTRE FACILITY RULES AND REGULATIONS

### Entering the Facility

- We ask that individuals perform a COVID-19 self-assessment at home or before attending the Verner Fitness Centre. Do not attend or enter the facility if you have a new or worsening cough, fever, or are feel generally unwell.
- Please note that new members will be required to fill out a *Physical Activity Readiness Questionnaire* (PAR-Q) document prior to the first visit to the Verner Fitness Centre. The PAR-Q will be updated once per year.
- Participants will be required to sign in upon entering the Verner Fitness Centre and sign out when exiting the facility.

### Fitness Centre Dress Code

- Changing and showering facilities are not available at the Verner Fitness Centre.
- A shirt must be worn at all times in the Fitness Room.
- Dry, closed-top athletic shoes must be worn at all times. Bare feet/socks are not permitted for safety reasons.
- Absolutely **no outside shoes** are permitted inside the fitness area. Outside shoes and boots must be left in the areas designated for outside shoes.
- Clean, dry clothing must be worn.

### At the Fitness Centre

- Prior to attending the Verner Fitness Centre, participants must read and agree to the Verner Fitness Centre Code of Conduct. Failure to adhere to the Code of Conduct will result in the suspension or cancellation of your membership privileges.
- No bottle filling stations are available at the Verner Fitness Centre, we recommend participants bring a filled water bottle from home.



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## Facility Usage

- Verner Fitness Centre members will be issued a keyless entry transmitter prior to attending the Verner Fitness Centre. A \$25 deposit must be paid at the time of issue. Keyless entry transmitters are non-transferrable. Any misuse of the keyless entry transmitter will result in deactivation and an immediate revoking of membership privileges. See the Keyless Entry Transmitter Agreement for full regulations.
- Keyless entry transmitters will only provide access to the Verner Fitness Centre during posted facility hours. Anyone caught accessing the Verner Fitness Centre outside of posted hours will have their membership privileges revoked.
- All membership documents and waivers must be submitted before accessing the Verner Fitness Centre.
- Visit [westnipissing.ca](http://westnipissing.ca) for the most up to date schedule.

## Cancellation Policy

- Failure to adhere to all rules and regulations may result in a cancelation of your membership or expulsion from the facility. Please be advised that you are on camera at all times when using the Verner Fitness Centre. These regulations are subject to change; the Municipality of West Nipissing reserves the right to make amendments at any time.