

Russell Township Sports Dome Policies

General Policies

- Please do not wear any perfumes or other highly scented products.
- Appropriate athletics footwear is required to be worn in all parts of the Dome. No sandals, open-toed shoes, boots, hard-soled shoes, street shoes (or shoes that leave black marks on the track), roller blades and bare feet.
- Profane, abusive or foul language is not tolerated.
- Anyone caught fighting in the Sports Dome will be banned from the facility.
- Climbing on any building structures or equipment (i.e. netting, benches, or goals) is not permitted.
- Drinking alcohol is allowed only in designated areas inside the facility.
- Smoking is allowed outside in designated area only.
- No pets are allowed.
- No spitting or chewing gum in the Sports Dome.
- Only water in a plastic container is allowed in the dome and in the building (no food or other beverages from outside).
- Drug use and dangerous weapons are not permitted.
- Children under the age of 16 must be accompanied by an adult.
- Strollers are permitted, but the wheels need to be cleaned and dry.
- Facilities should be left as they are; garbage and recycling should be placed in appropriate containers.
- Regardless of the activity, all participants must acknowledge that they are assuming risks when they voluntarily take part in informal or programmed recreational activities. Each participant has a responsibility to use prudent and ordinary care in his/her actions.
- Russell Township is not responsible for any damaged, lost or stolen personal items anywhere in the Dome.

Indoor Walking /Running Track Policy

- Put away all your belongings in the locker room.
- Please be considerate of all users sharing the same track, including walkers and joggers.
- Wear proper footwear (running shoes or non-marking walking shoes).
- Keep to a maximum of two people, side by side.
- If you have a stroller, please walk/jog with one stroller behind another, in a single row.
- Warm up, cool down or stretch in the four corners of the track.
- Use track lanes as follows:
 - Pass in the outside lane.
 - Use the two inside lanes for slow and fast walking.
 - Use the outside lane for running.
- Use the track direction as follows:
 - Odd Days (1, 3, 5, etc.) : Clockwise
 - Even Days (2, 4, 6, etc.) : Counter Clockwise
- The following are not permitted on the track: sticks, balls, pucks or any other items that may affect the safety of walkers/runners.

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Training Centre Policies

How to access: You must be a member of the gym. Before any training session, present your membership card at the reception desk.

- Put away all your belongings in locker rooms, including backpacks.
- Wear only athletic clothes (t-shirt, short, fleece pants, etc.) or a sweat suit. Jeans, clothes with zippers or rivets, and any outerwear are prohibited in the fitness area.
- Wear sports shoes (fully closed) during any training session. Outdoor shoes are prohibited.
- Authorized supervisors only are allowed access to control desk and to operate the stereo, clock, phone, video, TV, and computer equipment.
- To prevent breakage and injury, only use the devices for the purpose for which they are designed.
- Put the portable equipment in its place after use.
- Do not take the equipment out of the training room.
- Free weights and related equipment must remain in the space provided for weight training.
- Do not drop free weights or discs on the floor. Also, do not press a disc against a nearby device.
- Do not press weight or weightlifting bar against a wall, column, device or mirror.
- Do not take risk: lift only the weights you control.
- Do not make the other users wait: do not monopolize a device between two sets of exercises.
- Facilitate traffic and access to equipment: do not obstruct pathways.
- Respect the schedule of training session for other users.
- There is a 45-minute time limit for use of all cardiovascular equipment.
- Wipe any appliance after use. Use disinfectant paper towels provided for this purpose.
- Distracting behaviour including cell phone conversations, offensive language, and loud noises such as yelling or grunting are not permitted.
- Headphones must be used while listening to personal music.

Locker Room Policy

To help maintain a safe, clean and healthy environment for everyone, it is important to abide by the policies listed below:

- For the privacy of everyone, the use of audio or visual recording devices, including a cell phone camera, is PROHIBITED in changing areas, rest rooms or locker rooms.
- Public restrooms located throughout the facility are not to be used as changing rooms. Changing must take place in the appropriate locker room area.
- All personal items must be locked in a secure locker. Russell Township is not responsible for lost or stolen items or items vacated due to unauthorized use.

Locker Usage Policy

- Lockers are issued free of charge, on a first come first served basis.
- Participants have to bring personal locks to secure belongings.

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- All lockers must be vacated at the close of each day.
- Any locks remaining on daily lockers at the end of the day are subject to being cut off at the owner's expense. Items in lockers will be tagged and held for two weeks; however, Russell Township will not be responsible for items retrieved from lockers where locks have been removed.
- Russell Township is not responsible for storing items left in lockers for longer than two weeks.
- Russell Township is not responsible for theft, or damage to personal property left in lockers.

Multisport Court Policy

- Put away all your belongings in the locker room.
- Wear training clothes and indoor sports shoes.
- No jewellery, watches and glasses will be permitted on the field.
- The 6-months pass holders can reserve the court during non-prime time (5 am to 5 pm) 7 days in advance by calling the reception.
- The guests of a 6-month pass holder must pay the drop-in fee in order to use the court in the presence of the pass holder.
- Any other visitor or group that does not have a 6-month pass will have to pay the hourly rate.
- The same person can only reserve the field for one (1) consecutive hour.

Rental / Loan Equipment Policy

- Maximum rental of two items at a time.
- You agree to return the equipment in good condition after the activity; otherwise, you will have to pay an amount equivalent to the cost of its replacement.

Failure to abide by these policies and regulations, those printed in Russell Sports Dome Policies or requests made by any employee can result in ejection or suspension from building and program privileges.