



BILL WARREN TRAINING CENTRE

RULES AND REGULATIONS:

1. Use of the facilities (sauna, weight room, change rooms, showers) is restricted to individuals possessing either a drop-in pass or a valid membership.
2. Members may bring in guests to use the facilities as long as the guest purchases a drop-in pass. Please do not promote the use of our facilities to individuals that have not paid for the privilege to use them. Non-Compliance to this will result in membership being revoked.
3. Memberships are not transferrable, or refundable - No Extensions will be Provided
4. Lockers are available on a first-come, first-served basis. Lockers are for day use only and locks left over night will be cut and the contents will be placed in the BWTC Lost and found.
5. Individuals under the age of 16 must be accompanied by an adult (18+ years).
6. All equipment in the weight room is to be handled with care and respect and must be returned to its proper location after each use.
7. Food and drink (other than water bottles) are not allowed in the weight room.
8. Proper attire is required while training including enclosed indoor footwear at all times.
9. For hygienic and allergic reasons, chalk is not to be used in the weight room.
10. Saunas are dry heat only. Apply to the heating device is not permitted and will cause damage to the appliance. Severe injury or death is possible with unenlightened tampering of the sauna apparatus.
11. Please adhere to all rules and regulations as posted in the facility and report all damage to the facilities and equipment to a Training Center staff member.
12. The BWTC supports athlete development, therefore the gym floor may be occupied at times by large groups for their dry land training.
Please see bwtccanmore.com/athlete-training-schedule for athlete training Schedules.