

YukonU Gym & Fitness Centre Use Guidelines

Ayamdigut Campus

Hours of Operation

Monday to Sunday: 6:00am until 10:30pm.

- User groups with approval may have access beyond these regular times.

Rules

General

1. Proper footwear must be worn. Indoor shoes only; outdoor shoes, bare feet, socks, sandals, work boots or dress shoes are not acceptable. Any outdoor shoes must be left in the designated shoe storage area or changeroom locker.
2. Proper athletic shoes and clean workout clothes (including tops and bottoms) must be worn when using the facilities. Clothing must not have protruding metal that can cut equipment or other patrons (i.e. zippers, belts).
3. Gym bags, knapsacks, jackets, keys, and other personal items are not allowed in the gymnasium or fitness centre. Lockers are available in the changerooms for day use.
4. The following is considered unacceptable conduct in gymnasium and fitness centre: spitting, foul language, and use of chalk. In cases where the space is being shared, all users must be mindful of impacts toward each others use of the space. This can include loud noises, monopolizing a piece of equipment, etc.

Gymnasium Rules

1. No outside equipment without approval. This includes any nets, sport accessories, furniture, machinery, etc.
2. Maximum number of users is limited to 12 people per change room, i.e.: up to 12 men and 12 women.
3. No food or beverages allowed in the gymnasium.
4. Age Limitations:
 - a. 15 and under – parent, guardian or coach needs to be in the Gymnasium.

Fitness Centre Rules

1. No food allowed in the Fitness Centre. Only covered/capped beverages are permitted.
2. All equipment must be sanitized after each use with disinfectant and paper towel provided.
3. All fitness equipment must remain in the Fitness Centre room.
4. Bars are to be stripped of weights after each use. Return all weights and dumbbells to their proper places. Keep all weights in designated areas.
5. Dropping of weights is dangerous to you, to those exercising around you, and to the facility. Use a manageable weight or ask for a spotter. Abuse of equipment may result in the loss of privileges.

6. Maximum number of users is limited to 4 persons at a time. Nick moved to covid opening document.
7. Age Limitations:
 - a. 11 and under - NOT permitted.
 - b. 12 to 15 – parent, guardian or coach needs to be in the Fitness Centre.

Gymnasium Usage

- Regulation lines were painted for basketball, badminton, indoor soccer, and volleyball. Any other lines needed must be marked with non-adhesive tape (painters' tape) or a adhesion-free method.
- All activities & sports that occur in the gymnasium must comply with all other YukonU Policies.
- All activities & sports that occur must result in minimal wear on the floor. Equipment such as wooden & taped hockey sticks, furniture, machinery is prohibited. This also include kids' toys, roller blades, scooters, bikes, etc.
- All users are responsible for ensuring that they make a reasonable effort to minimize any damage to the flooring; including the set up/tear down of nets and other equipment.