



## HEALTH AND WELLNESS:

- Guests and Members will not attempt to access the Performance Training Centre (PTC) while feeling unwell.
- If a guest or member begins to feel unwell during their visit to the PTC, they must leave the PTC and isolate in their vehicle or outside of the facility. PTC staff must be informed via phone or email. The guest or member will be provided with next steps on how and when they may return to the PTC.
- Guests and Members must complete applicable health screening prior to accessing the PTC.
- Guests and Members must wear a mask or face covering when entering the Markin MacPhail Centre and PTC.
  - Once on the weight room floor, masks can be removed with proper hand hygiene and placed with your belongings inside the facility.
- Guest and members must follow all directional signage to ensure they are following physical distancing measures.
- Upon entering and leaving the PTC, guests and members must sanitize their hands using the hand sanitizing units available.
- Guests and members will be provided with a spray bottle and cloth upon entering the PTC. This must be used to clean each piece of equipment that is used or touched by the guest or member.
  - To sanitize effectively the cloth must be sprayed before and after wiping equipment.
- Guests and members must enter from the main entrance of the Markin MacPhail Centre and exit through the doors at the back of the facility.
- Guest and members must follow all additional rules and regulations stated on signage within the facility.
- Guests and members must abide by all instructions provided by PTC staff while in the facility.
- Guests and members must practice good hygiene while in the facility, including respiratory etiquette. Participants should refrain from spitting and clearing their nasal passages during activities

## WORKOUT TIME SLOTS

- Guests and Members will book their workout online prior to arriving at the PTC.
- Workouts may be booked up to 48hrs in advance, and 2 hours prior to workout start time.
- Guests and Members must leave the facility at the end of the training block time.
- Drop-ins will be permitted but will only be admitted entrance if capacity allows. If there is no space for the current training block members will have to book into the next available one

## CANCELLATION

- Guests and members must cancel their training slot a minimum of 2 hours prior to the start time, if 2 hours notice is not provided, this will be counted as a no-show.
- Guests and members who accumulate 3 no-shows in a 30-day period may be charged a \$25 no-show fee.

## PERSONAL TRAINING

- Personal Training clients must book their session with their Strength and Conditioning (S&C) coach or by emailing [train@winsport.ca](mailto:train@winsport.ca)
- The S&C coach will book the applicable training slot for your session.
- 24 hours notice of cancellation must be provided to the S&C coach if the client cannot make the session.
  - If less than 24 hours notice is provided, the client may be charged for the session.

## ACKNOWLEDGMENT

I acknowledge that I have read and agree to abide to the PTC Rules and Regulations and understand failure to do so may result in loss of membership or facility access.

\_\_\_\_\_  
Athlete's Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
PTC Representative (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date