



THE KEY & CARDIO THEATRE RULES & MEMBER ETIQUETTE

As partners in the UTSC community, members of the Recreation Centre agree to the following rules.

1 Please do not bring personal belongings into “THE KEY” or Cardio Theatre. To allow for clear paths of access and to prevent accidents, bags, jackets, clothing and purses must be kept in a locker. Please speak to any Staff representative for details on locker use/rental.

2 Food and glass containers are not welcome in the Recreation Centre. Resealable plastic bottles and non-spill containers are welcome in “THE KEY” and Cardio Theatre.



3 Proper gym attire is to be worn throughout the Recreation Centre at all times. Clothing is to be tasteful and adequate in coverage. Clothing should be clean to prevent odours and should not be ripped.

- Tops**
- T-shirts & tank tops are acceptable with the exception of the following: bra tops (mid-section must be covered), halter tops, off the shoulder tops, tube tops, or low cut tops.
- Bottoms**
- Jeans or street wear are not acceptable. Shorts should be tasteful in coverage.
- Shoes**
- Athletic footwear is to be worn at all times (with the option of removing shoes when stretching on the mats). Shoes must cover the entire foot, to help prevent injury. No outdoor shoes, boots, dress shoes, bare feet or sandals.

*Examples of acceptable clothing options. Please ask our staff if you have any questions.



4 Please have and use a towel large enough to cover your head and torso when sitting or laying on a piece of equipment upholstery or mat. For your convenience, towel service can be purchased, or rented from the Service Counter. Please help us keep equipment clean by wiping away excess perspiration. Disinfectant wipes are provided in locations throughout “THE KEY” and Cardio Theatre.

5 Music and television selection in “THE KEY” and Cardio Theatre are the responsibility of the Department of Athletics and Recreation. If you would like to listen to your own style of music we encourage you to bring a personal listening device.

6 Cell phones are not permitted in program areas most particularly in changerooms. Cell phones may be used in “THE KEY” and Cardio Theatre as listening devices only. Picture taking without written consent from both the Department and **anyone** who may appear in any picture is a violation of University privacy policy. All offences of this policy will be reported to Campus Police.

7 Laptop computers are not permitted in “THE KEY” and Cardio Theatre as they present both a safety concern and have the ability to take pictures.

8 Please return all weights and fitness equipment to their proper designated place after use and leave your workout area accessible for the next user.

9 Please do not drop or bang weights. Always train with safety in mind, both your safety and the safety of others.

- Use care with all exercise equipment.
- Use control when lifting your free weights by not banging or dropping the weights.
- Use safety clips or collars (provided) on all free weight bars at all times.
- Use all equipment and machines as they are designed to be used. Modifications of equipment may result in unsafe practices or injury.

10 Please refrain from using chalk and powder in “THE KEY” and Cardio Theatre. Powdery surfaces provide for a significant possibility of injury.

As a courtesy to other members, cell phone conversations are not permitted in program areas including “THE KEY” and Cardio Theatre. Please have your conversations in appropriate areas at reasonable volumes.

Please be prepared to share equipment and space. Be courteous to fellow members.

Please do not remove equipment from any of the program areas.

“THE KEY” and Cardio Theatre are supervised on a regular basis. We encourage you to consult one of our Fitness Staff regarding your training needs.

The University of Toronto and the Department of Athletics and Recreation are not responsible for lost, stolen or damaged belongings.