



# Rainy River First Nation Gym Rules

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## General Rules

- A gymnasium schedule is located on the glass just outside the gymnasium office and is also available on our Facebook page "Manitou Gym".
- Everyone must sign in before using the facilities.
- Only clean, dry shoes with non-marking soles are allowed on the playing surface.
- No food or drink (except water) is allowed in the gymnasium. Exceptions are made for special occasions, i.e. Community dinners, Workshops, etc.
- No personal non-approved equipment is allowed in the gymnasium, i.e. skateboards, roller blades, inline skates, wooden hockey sticks, etc.
- Do not enter equipment rooms without permission.
- The Kitchen is off limits.
- Children 8 years and young must be accompanied by an adult or a responsible teen. This is not a daycare.
- No smoking will be allowed in the building.
- No foul language.
- No spitting.
- Fighting, threatening, or indecent conduct will not be permitted.
- All equipment is to be used in the proper way.
- If using RRFN equipment, it is to be returned to the proper place following use (if you were the last person to use it, your responsible for it).
- Dunking or hanging on the basketball rims is prohibited.
- No hanging on volleyball nets.
- No pets are allowed.
- RRFN Gym is not responsible for lost or stolen items.
- An inappropriate use or abuse of the Gym or equipment may result in termination of privileges.

## Weight Room Rules

- No one under the age of 16 is allowed in the weight room.
- Proper exercise attire and athletic shoes required. (No open toed shoes or sandals)
- No food, drinks, or chewing gum are allowed in the weight room. Exception is bottled water in an unbreakable container.

- All bars, weights and dumbbells must be returned to the proper plate holder or rack after use.
- No equipment shall leave the weight room at any time.
- There is a 30-minute time limit on all cardiovascular machines when others are waiting.
- Slamming or dropping weight stacks or free weights is prohibited.
- A spotter is required when using the free weight equipment.
- Be aware of other lifters whom you are around.
- All equipment must be wiped down after every use.
- There is absolutely no horseplay allowed in the weight room.
- Emergency exit is to remain closed at all times.

### Gym Booking

- All **General Rules** apply.
- The gymnasium may be scheduled for specific events. A written request must be submitted to Director of Sports and Recreation describing the nature of the activity, times, dates, and duration.
- When events are scheduled for the gymnasium, all individuals who are not participating in the scheduled event must leave the gym so the event can start on time.
- Chairs and tables will be set up and taken down by the booking party and stored in the correct location immediately after the event is over, unless arrangements for the following day have been agreed to.
- Before vacating the rented area, all your debris/trash should be disposed of in the dumpster located outside. Floors should be swept.
- All food must be removed after event. Don't leave food to rot.
- RRFN Gym is not responsible for any item left behind.
- Broken or damaged items must be reported immediately.
- The booking party is responsible for assuring that all areas of the facility are securely locked when leaving the facility.