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GENERAL - RECREATION CENTER

To ensure a safe and respectful environment that is consistent with the mission of the recreation center, the following activities are prohibited for all civilian and military users:

1	Access, and age restrictions
<p>Access for parents with infants (0 to 18 months)</p> <ul style="list-style-type: none"> Access permitted Monday through Friday: <ul style="list-style-type: none"> From 9:00 a.m. to 10:30 a.m. 1:30 p.m. to 2:30 p.m. (<i>except Tuesdays</i>) Location: Multipurpose Room #1 (room B.002) <u>Prerequisite</u>: Complete the registration form and submit it to the reception desk staff <p>Children under 18 months to 16 years of age</p> <ul style="list-style-type: none"> Access permitted Monday through Thursday from 4:00 p.m. and on weekends Must be accompanied by a guardian aged 18 or older or an adult at all times <ul style="list-style-type: none"> <u>Exception</u>: Youth aged 12 to 15 who have obtained Introduction to Training certification may train alone. Prohibited: <ul style="list-style-type: none"> Children under 16 are not allowed in the F.I.T. room (room B014.1) Children aged 18 months to 12 years are not allowed in the training rooms, with the exception of the gym and the pool Children aged 0-18 months are not allowed in the training rooms except in the room designated for this purpose. <p>Registration of civilians for sports and recreational activities</p> <ul style="list-style-type: none"> All civilians participating in sports or recreational activities, or using the training rooms, must complete the risk acceptance form. <p> Civilian form required</p> <p>Use of equipment and reservations</p> <ul style="list-style-type: none"> Hours of operation and services offered are subject to change without notice for an indefinite period. The cooperation and flexibility of users are essential to facilitate adjustments. Priority access to facilities is given to military personnel during operating hours and for military sports program activities. Platform schedule: https://bkk.cfmws.com/bagotvillepub/facilities/index.asp 	
2	Dress code



- Appropriate attire for the activity is required.
- Appropriate attire is required on the training platforms: a short-sleeved shirt or tank top that covers the shoulders, as well as shorts or pants that cover at least mid-thigh.
- Clothing must cover the upper body down to the waist and not be too revealing, particularly under the armpits at the front and at the shoulder blades at the back.
- Shoes must have non-marking soles. Cleats and cross-country shoes are not allowed indoors.
- Sandals, Crocs, or any shoes that do not fully cover the foot are prohibited.
- Swimming pool: swimsuits are mandatory. Shorts worn with underwear are not permitted, except for short-sleeved shirts upon presentation of a medical note.
- Sauna: Towels are mandatory. It is prohibited to pour water or any other liquid on the heating system.

3 Changing rooms

- Use of lockers is mandatory.
- Temporary lockers are available (padlocks not provided).
- Military personnel can reserve a permanent locker through the sports store (extension 661-7498).
- Changing on the sports fields is prohibited. Coats, boots, bags, and other personal belongings must be left in the locker room.
- Valuables must be kept in a safe place. PSP staff are not responsible for loss or theft.
- Lockers must be emptied every evening. Any padlocks left on lockers will be cut off by staff in the presence of a witness, and the contents stored in the sports store. A register will be completed and signed.

4 Safety

Health: If you have any doubts about your health, it is recommended that you consult a doctor before participating in intense physical or sporting activity.

Equipment:

- **Squash:** protective eyewear is mandatory. Models adapted to prescription glasses are available at the sports store.
- **Badminton:** goggles are strongly recommended if there are more than two players on the court. Suitable models are available.

5 Hygiene

- The center has a no-perfume policy. Please limit the use of perfumes, lotions, or scented products. Unpleasant body odors may also be subject to a warning.



- The use of towels is strongly encouraged in the weight training and cardiovascular rooms. It is mandatory to wipe down equipment after use.
- Reference: https://www.cchst.ca/oshanswers/hsprograms/scent_free.html

6 Climbing

Temporarily closed – not accessible

- Activity reserved for persons 16 years of age and older, or accompanied by an adult 18 years of age or older.
- Protective mats must be installed under the climbing wall at all times.

7 Activities not permitted

- Soliciting users to offer or promote products or services of any kind.
- Using the PSP's indoor or outdoor facilities with an external trainer not affiliated with the center.
- Distributing any informational or promotional material (flyers, brochures, etc.) without the written permission of the fitness and sports manager.
- Practicing combat or hand-to-hand training involving strikes, holds, or self-defense techniques, except in the context of an authorized sport or with the prior approval of the CPS manager.
- Food consumption is prohibited in indoor sports facilities. Glass containers are prohibited; plastic containers are preferred.
- Being under the influence of drugs (including cannabis and its derivatives), alcohol, or similar substances is strictly prohibited. Possession, consumption, sale, or distribution of these substances is also prohibited.
- Aggressive, hateful, or disrespectful behavior toward another user or PSP employee is prohibited.
- It is prohibited to move equipment between rooms, drop weights on the floor, or use magnesium powder in the facilities.
- Animals are not allowed in the center. For **service dogs**, please refer to the accommodation policy.

**POOL**

1	Dress code
	<ul style="list-style-type: none">• Swimsuits are mandatory (underwear is prohibited).• Loose-fitting, absorbent, or ill-fitting clothing is prohibited.• Babies must wear a clean waterproof diaper at all times.
2	Safety standards
	<ul style="list-style-type: none">• Children under the age of 13 must be accompanied and supervised by a parent or guardian, unless they have passed the aptitude test.• Non-swimmers must wear a life jacket or remain in the shallow end under adult supervision.• It is mandatory to follow the instructions of the lifeguards.• Showering is required before entering the pool.
3	Prohibitions
	<ul style="list-style-type: none">• Using the diving board without permission or diving in the shallow end.• Running around the edges of the pool.• Pushing, shoving, or capsizing floating toys.• Eating, chewing gum, or drinking from glass containers.• Practicing apnea, hyperventilation, or any training involving breath holding.• Swimming when you have a contagious illness, diarrhea, or open wounds.• Spitting, urinating, blowing your nose, or contaminating the water in any way.• Wearing boots, street shoes, or athletic shoes in the swimming area.



MIXTE SAUNA

For information or reservations: contact the PSL counter at 418-677-4000, ext. 7980

1	User obligations
	<ul style="list-style-type: none">• Register at the PSL counter and sign the register.• Wear a swimsuit at all times (nudity is prohibited, even in the sauna).• Be 18 years of age or older.• Shower before use.• Use a towel to sit on the benches.
2	Recommendations
	<ul style="list-style-type: none">• Consult a healthcare professional if you are pregnant or have heart, lung, vascular, or other conditions that may be aggravated by heat.• Limit your session to 20 minutes and take a cold shower after use.• Hydrate regularly and take breaks as needed.
3	Prohibitions
	<ul style="list-style-type: none">• Eating or drinking from glass containers.• Throwing water or any other liquid onto the sauna stones.

RULES AND REGULATIONS



OUTDOOR FACILITIES

Person in charge: Martin Boulianne 661-7521

1	Dress code
	<ul style="list-style-type: none">• A shirt or tank top is mandatory on outdoor fields and fitness trails.
2	Safety and maintenance
	<ul style="list-style-type: none">• Pick up equipment and trash before leaving the field.• Keep animals on a leash.• The use of all-terrain vehicles is prohibited.

*****Unofficial translation*****