



New to the Pacific Institute for Sport Excellence?

Welcome!

Welcome to the Pacific Institute for Sport Excellence where we are committed to ensuring that you will have a great experience and achieve your own personal victories! To ensure that every visit is a positive one for you and our other clients, we ask that all students, members and visitors follow these simple guidelines.

Getting Here!

From building design to transportation options, the Pacific Institute for Sport Excellence is committed to the environment and the promotion of active, healthy lifestyles. Through its transportation and parking policies, the Pacific Institute for Sport Excellence works to encourage alternate forms of transportation such as bicycling and public transit. Please ask Fitness Centre staff for a copy of our Transportation and Parking Information Guide.

Facility Access

There are a number of options from day passes or annual memberships to a wide range of training programs and specialty classes that you may wish to sign up for. Our Fitness Centre Service staff will be happy to discuss your goals with you to see which options might best help you to achieve these. Once you have signed up for the options of your choice you will receive a Membership Card, Visitors Pass or Program pass that you must present at the Fitness Centre Service desk on Level One, each time you enter the Fitness Facility.

Fitness Centre staff reserves the right to ask for identification at any time so please take good care of your pass and do not give it to anyone else to use. Passes that are presented by someone other than the rightful owner will be confiscated immediately. If your pass is lost or stolen, please report this immediately to the Fitness Centre Service staff. There will be a \$10 fee for any membership card that must be reissued.

Facility- General Guidelines

At the Pacific Institute for Sport Excellence, we take training and education seriously and encourage everyone to achieve their own personal VICTORY! PISE is home to some of Canada's top Olympic athletes, coaches and sport scientists. Here, our

athletes, coaches, students, educators and researchers aspire for excellence and to be respected leaders in the areas of Sport, Health and Fitness.

We want you to have fun while you are working but, we expect that all students, athletes, coaches and members will conduct themselves in an appropriate manner and respect that:

- PISE (including the field, grounds and parking area) is SMOKE FREE!
- Fighting, use of abusive language, being disrespectful to other members or, damaging facility property is unacceptable and may result in the suspension or cancellation of your membership.
- Drugs or alcohol in the facility or, on the grounds are strictly forbidden. Staff reserves the right to search bags for alcohol and drugs and to deny access to anyone who appears to be under the influence.
- For health and safety reasons, no animals (except guide/aid animals) should be in the Facility.
- Food or drink (except water in a closed container) should not be taken into any of the fitness, gym or field areas. You may take food and drink into the classrooms but, please clean up after yourself and dispose of waste properly.
- Gum should be disposed of in the proper waste receptacles.
- Posting of announcements, posters, flyers, etc. anywhere at PISE must be approved by PISE Staff and posted only in the area specified.
- Photography or recording devices (including cell phones with camera and recording capability) are NOT permitted, except where authorized.
- Our facilities are precious resources; please ensure you follow the posted guidelines in each of the program/facility areas.
- Patrons are using the facility at their own risk; PISE cannot assume liability for any injuries.

Camosun College Students - Please Note:

The Camosun College Student Code of Conduct Policy is in effect at all times while you are on the grounds or, within the PISE Facility.

For your Safety and to Protect our Facilities – Proper Shoes and Clothing are Important!

We recommend that you invest in good quality shoes and workout wear to ensure that you get the most out of our programs and prevent any injury that might put you on the sidelines.

To protect yourself and our equipment please wear;

- Closed-toed athletic shoes with non-marking soles in workout/gym areas.
- Clean, rubber soles and cleats (no metal cleats) on the FieldTurf
- Appropriate workout wear; T-shirts, long sleeve shirts, shorts of appropriate length, athletic pants/leggings.

Please, do not wear:

- String/ cut off/mesh tank tops, jeans, street clothing, and anything displaying inappropriate slogans or offensive text or images.
- Cleated shoes inside the building.
- Perfume, cologne, body spray, or hairspray.

Staff, at their discretion, may request that you change or abstain from using the facilities if they deem that your attire is inappropriate and may pose a risk to your personal safety, the safety and enjoyment of others or, the safety of our equipment.

Lockers

Please do not bring your gym bags and valuables into the workout areas. Day use lockers are available for your convenience – all you need is your own lock. If you forget to bring your lock, PISE does have a limited number available for loan or, purchase. All day use lockers will be cleared each night and items placed in the lost and found. If you wish to arrange a long term locker rental (monthly fee), please visit our Fitness Centre counter.

Towels

We recommend you bring two towels. One, to keep you and the equipment dry while you workout. The other, for your shower! For your convenience, a towel rental service is available.

Lost and Found

PISE is not responsible for lost or stolen items; please use the lockers provided or, leave valuables at home. Lost and found articles are donated to a local charity if not claimed within 7 days. Personal items (ie. razors, hairbrushes) are disposed of for hygienic reasons.

Fitness Centre - Guidelines

- The high performance area is for the exclusive use of CSCP athletes. Only those with appropriate ID will be permitted access.
- A 30-minute time limit on cardio equipment must be observed when someone is waiting.
- Please bring or rent a clean towel to cover the padded equipment when using it. This prolongs the life of the equipment and keeps it clean for the next user.
- When finished, please wipe down equipment with the towels and cleaning solution provided.
- Avoid injury when lifting weights:
 - Book a private consultation to learn proper use of the equipment and to have a program designed to suit your needs and ability.
 - Before starting; warm-up properly, secure collars and check the equipment.
 - Use proper body position and breathing technique.
 - Use of spotters is recommended for all lifting.
- Return free weights and dumbbells to the appropriate racks when finished.

Gymnasium and Movement Studio - Guidelines

- Unsupervised or unauthorized use of these areas is not permitted.
- Sharp edged items including chairs, tables, weight/cardio machines are not allowed on these floors as they may cause damage. The gym floor cover MUST be in place before any equipment is moved in.
- In-line skates, skateboards, cleats, etc. are not allowed on these floors.
- Avoid hanging off the rims and nets in the gymnasium
- Please clean up any spills immediately with a soft/non-abrasive towel.
- Program/group fitness participants must arrive on time to properly warm-up. Instructors may deny you access if they believe you are at risk of injury.
- We recommend that you stay for the entire class in order to benefit from a proper cool-down.

Alex Campbell Field - Guidelines

- Spectators and Pets - please remain outside the fenced area.
- No cigarettes, food, gum, sunflower seeds or beverages on the field.
- Only shoes with rubber soles and cleats (no metal cleats) should be worn.
- Please, use the cleat brushes to clean your shoes before entering the field area.

If you have any questions, please ask our Fitness Centre Staff. They will be pleased to help you.

Thank you, and have a safe and enjoyable fitness experience!