



MEMBER'S HANDBOOK

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HEALTH

- 0 to 99 years old
- 2 to 3 times a week (1-hour session)



FITNESS

- 8 to 99 years old
- 4 to 5 times a week (1-hour session)



SPORT

- 8 to 50 years old
- 5 to 6 times a week (1-hour session)
- Seasonal sports differ

A

Accept or acceptance

- Activity needs to commence to prevent chronic disease.
- Activity plan for all ages and demographics.

Adhesion to a

- program:
- Muscle mass
- Strength
- Endurance

Athlete Development

B

Basic or Base

- Program to regain healthy lifestyle habits.

Believe in yourself.

- Believe in the program.

Build the foundation for the future.

LTAD - Long Term Athletic Development

C

Community built program.

Consistency and goal setting.

Competition



DEFINITION OF OUR TRAINING THEORIES

Our program model is based on the theories surrounding “Periodization” whose goal is to promote a healthy life for all through a system that organizes daily, weekly and annual training plans for all ages and gender (Hoffman; Naclerio, Moody, & Chapman, 2013).

This model has been adopted in numerous countries around the world that have developed both elite level Olympic programs and a strategy to promote healthy living in communities through physical activities (Hoffman; Naclerio, Moody, & Chapman, 2013).

The Chisasibi Fitness Center uses the periodization method for general physical development for participants and we have also been able to utilize this model to develop our elite athletes in the community. We apply this model to our day-to-day operations and it has provided positive results with our members.

IMMUTABLE LAWS

10 Commandments of the Chisasibi Fitness Center

- ① Respect all Fitness Center Staff and equipment. Proper use of the equipment and safety training habits are essential. Be safe and have fun. Please put weights, bars or mats back in their original place.
- ② All equipment must be sprayed and wiped clean after each use. That will be strictly enforced. Failure to comply will result in a verbal warning. Subsequent warnings will result in suspension. Spray bottles and towels are provided throughout the Fitness Center.
- ③ Boots or outdoor shoes will be removed at the front entrance before entering the cardio area. That will keep water and dirt from damaging Cardio equipment and prevent injuries. Clean equipment performs better!
- ④ Street clothes (i.e. jeans and work clothes will not be permitted in the Fitness Center during sessions.) Proper workout attire is strongly recommended.
- ⑤ Profanity, screaming, harassment, or any unruly or disrespectful behaviour toward staff or members will not be tolerated. Violations may result in immediate suspension or loss of membership privileges.

6

Any person suspected of being under the influence of drugs or alcohol will be asked to leave the premises—no exceptions to this rule.

7

No Cut-Off or sleeveless T-shirts will be allowed in the Fitness Center. Personal hygiene is a crucial issue for the enjoyment of the Fitness Center.

8

An adult must accompany anyone under the age of 16 at all times. That will limit young persons from harming themselves with the misuse of the equipment.

9

Conducting and soliciting personal business is strictly prohibited. Suspension of privileges will occur if any member is caught doing so. Only trained Fitness Center staff are permitted to provide Personal Training.

10

Place all waste in the garbage when done.



SUSPENSION

OF PRIVILEGES

For the safety of all members of the Fitness Center, failure to adhere to these regulations will result in the following:

First Offence: A documented verbal warning will be given.

Second Offence: Member will lose access to the Fitness Center for two weeks.

Third Offence: Member will lose access to the Fitness Center indefinitely.

All Offences will be handled by the Fitness Center Supervisor and reported to the Recreation Coordinator for records.



SPECIAL RULES FOR ALL TRAINING AREAS

The Chisasibi Fitness Center has special rules regarding certain activities that can be performed and exercises that are prohibited within our training areas. That is due to our Liability Insurance and our “Safety First” approach to training programs we offer and develop.

- Inside our indoor training center, indoor shoes are required. NO OUTDOOR FOOTWEAR will be permitted.
- Advanced CROSSFIT moves such as “Kipping or Butterfly” pull-ups are PROHIBITED. Any form of swinging motion from Power Racks or Cages, handstand walks or other similar CROSSFIT moves are not permitted. Our insurance policy does not cover these actions within our premises.
- All Barbell lifts from the ground will be performed from areas that have rubber mats or platforms. No Barbell lifts will be performed on the Green Turfs. Kettlebells and Trap Bar lifts are to be performed on rubber mats only.

- 
- A photograph of a gym floor with two soccer balls in the foreground and a rack of barbells in the background. The lighting is bright, and the scene is slightly out of focus, emphasizing the text overlay.
- The use of spring collars on all barbells is mandatory. A Safe Training Environment is our top priority for all members.
 - DO NOT DROP Dumbbells or kettlebells on the floor. That can result in an injury to oneself, an injury of another member, or equipment breakage. That action will not be tolerated. Safe Training is our priority.
 - Please place your equipment back to the spot you found it
 - Powdered lifting chalk is prohibited in our facility. Liquid chalk products or straps are recommended.

FITNESS CENTER

TRAINING AREAS



Area 1 – Public Area

This open training space is available to all members during operating hours. It is designed for general use, including cardio, strength training, and functional workouts. Members are encouraged to share equipment and be respectful of others using the space.

Areas 2 & 3 – Personal Training Spaces

These semi-private areas may be reserved at any time for personal training sessions. Access may be limited during scheduled sessions. Please ask a staff member or trainer for more information before entering.

SCHEDULING POLICIES

RESERVE A SPOT - FOR MEMBERS WITH PERSONAL TRAINING

The Chisasibi Fitness Center is a specialized indoor facility with a large open training area (1,800 sq/ft). Therefore, we place a cap on all of our hourly time slots. We have allotted 10 spaces per hour for an open training area to the public. You will not be let in if a time slot is complete and you do not have a reservation. That's neither fair nor safe.

To reserve a time slot, here are the 3 simple ways:

1. By calling us at (819) 855-2878 ext. 420 or 379
2. By texting us at (819) 855-7729
3. By visiting us in person at the Fitness Center.

DON'T FORGET! EVERY NEW WEEK IS A FRESH START AND A NEW SCHEDULE.

CANCEL YOUR SPOT

Please cancel your spot if you reserve and cannot attend a class. We ask that you cancel at least 1 hour before the class(ideally as soon as you know) so that someone on the waitlist can take your spot. Last-minute cancellations make it difficult for others to join.

MEMBERSHIP POLICIES

PAYMENTS

All our memberships can be paid using Credit Cards or Debit Cards at the front desk inside the Chisasibi Fitness Center.

REFUNDS

We do not issue refunds on memberships at the front desk of the Chisasibi Fitness Center. The refund process will be forwarded to the Finance Department for payment.

HOLDS

We allow our members to place their membership on hold for 14 to 90 days once a year. That is not a cancellation, and our cancellation policies still apply if a member chooses to cancel while their membership is placed on hold.

CANCELLATIONS

If you require any changes/cancellations to be made to your account, don't hesitate to contact fitness@chisasibi.ca or call 819-855-2878 ext. 420 during open hours.

OVERDUE ACCOUNTS POLICY

Unless a payment arrangement has been made with the facility manager, all members must pay before entering the Chisasibi Fitness Center training areas. Daily users must pay upon arrival, and membership accounts must be in good standing. Access will be denied until any outstanding balance is paid. This policy has been in effect since March 1, 2023 and applies to all members.

MEMBERSHIP INFO

In this section, we will go over the different membership options available at the Chisasibi Fitness Center. Members have access to an open 1,800 sq. ft. training area available for public use at all times, as well as two semi-private personal training spaces designed to provide a more focused and comfortable workout environment.

We also offer personal training services tailored to individual fitness levels, goals, and needs. Whether you are just starting your fitness journey or looking to improve performance, our trainers can provide guidance, structured programs, and ongoing support to help you succeed. A consultation is included with all personal training services and must be completed prior to the first session to ensure a safe and personalized experience.

For more information or to register for personal training, please inquire at the front desk.

| User profile | Cost | Sessions/Week | Trainer |
|--------------------|-----------------|-------------------|----------|
| Health | \$50 / 4 weeks | 2 to 3 sessions | Optional |
| Fitness | \$100 / 4 weeks | 4+ sessions | Optional |
| Sport | \$100 / 4 weeks | 4+ sessions | Optional |
| Walk-in membership | \$7.50 / daily | 90 min. max daily | No |

| User fees | 1 person | 2 nd person | 3 rd person | 4 th person |
|------------------------------|----------|------------------------|------------------------|------------------------|
| Personal Membership training | \$50 | \$25 | \$25 | \$25 |

Group rates are adjusted as such as: 1st person pays the total price, and the additional participants are 50% off the profile chosen. This service model engages group participation and can only be used when all members access the center simultaneously, no exception to this policy.

SIGNING IN

All members must sign in on our system when entering the Chisasibi Fitness Center. There is a laptop located at the front desk for sign-in procedures. Signing in lets us know who is present and makes everyone accountable for all activities during their session. Failure to sign in will result in, first: a verbal warning. A second failure to sign in will result in a mandatory dismissal for the day. Continued failures to comply with this rule will indefinitely result in a suspension of privileges. Safety and compliance are priorities for the Chisasibi Fitness Center.



EMERGENCIES

If there is a medical emergency, call (819) 855-2911 immediately, & inform the staff on hand. There will always be a CPR-certified staff member on hand. If, in the rare case, a staff member is incapacitated, please ask if there are any medical professionals/ first responders in the fitness center. Please ensure your information on our online system has an updated emergency contact.

SOCIAL MEDIA

The Chisasibi Fitness Center is a department representing the Cree Nation of Chisasibi. Social media posts must be deemed safe, respectful, and per our rules (mentioned above). Please ensure that when posting pictures or comments on social media, other members present during this moment are aware and acknowledge consent if they are present in the image or video. Failure to do so will infringe on that individual's legal rights and can have negative consequences for the person posting on their social media. Any video, pictures or comments with negative context towards our staff or members will result in possible legal implications and, more so, indefinitely denied access to our center.

MEMBERS PERSONAL BELONGINGS

Due to our occupational capacity standards, we ask all members to leave their bags, outdoor shoes or other personal belongings in the changing rooms or front desk area. Our Training areas are designed to allow safe training distances for all members to enjoy. Adding extra bags, boots, or other items to the training floor will undoubtedly cause an injury or mishap, which is not a good situation for anyone. Surveillance cameras are inside the building; rest assured, our staff knows that members can feel safe inside our center.

MUSIC

If members wish to listen to their music, please use your own headphones. Speakers will no longer be permitted in the center.

SHOWERS AND SAUNAS

The use of the saunas will be limited to a 30-minute time reservation, cost \$5.00, and towel service will be provided. 1 to 4 persons (group) can use the sauna simultaneously, paying the \$5.00 service fee. A typical dry sauna session is 15- 20 minutes for health benefits, so please adhere to the 30-minute limit, getting ready and leaving the fitness center afterwards. Here are some special rules to consider when using our saunas or showers:

- A spray bottle (water) creates a mist to enhance steam from the rocks for a quality dry sauna feel. Pouring water on the rocks will damage the heater coils. Any member found pouring water on the rocks will indefinitely lose access to the Chisasibi Fitness Center and services.
- Shorts and swim trunks are acceptable wear to use our saunas.
- Underwear or being unclothed is not acceptable.
- When you are done, please place your used towel in the black bins near the front doors.
- Showers are available afterwards. Please wipe the wet floor down with your towel following your shower.
- Towel service is provided for sauna users only. Members must bring their own if they wish to use the shower following their training session.

Failure to comply with the above will result in an immediate suspension. Neglecting the above rules can directly injure the patrons using the Chisasibi Fitness Center or damage the saunas.



KIDS TRAINING ACTIVITY FOR PERSONAL TRAINING CLIENTS

Generally, we ask that your children be left at home during classes/training. With that said, if there is the odd day when your children must join you, we understand 'life happens.'

If your child is old enough to follow instructions, our Trainers will provide a small training activity for your child. Please inform us before your training session, so we have time to organize the proper activity.

Kids should never enter the open training area for the public unattended; as a parent, it's your job to remind your kids of that. We are not designed as a safe space for kids, so parents must enforce this rule. If your child is disruptive towards the members, we may ask that they be left at home for future sessions.

REFERENCE

Naclerio, F., Moody, J., & Chapman, M. (2013). Applied periodization: a methodological approach. *Journal of Human Sport & Exercise*, 8(2), 350- 366.



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