

1. All clients must complete a PAR-Q, consent form, and if required, provide medical clearance prior to receiving services. If there has been a change in your health, before the completion of previously purchased services, a new medical clearance may be required prior to continuation of the services.
2. Clients under the age of 15 require a parent/guardian's signature to engage in DPSC services, and must be accompanied by a parent/guardian during their exercise session.
3. **Cancellation Policy:** In the absence of 24 hrs notice, cancellations may be subject to regular pricing for that respective service.
4. **Refund Policy:** Refunds may be requested based on medical illness (doctor note required) or relocation outside the city.
5. All services must be paid for, in full, at the time of the appointment. Service may be refused until overdue accounts have been paid.
6. The Dr. Paul Schwann Centre is not responsible for any lost or stolen items. Please use locker facilities located on the main floor.
7. Please do not begin your workout until a DPSC staff member is present. Should you come in non-operational hours of the DPSC, the DPSC will not be held liable in any case of injury or death.
8. Dr. Paul Schwann Centre (DPSC) Supervised Conditioning permits client access to the DPSC Conditioning Area, all FLC equipment and the track. Supervised Conditioning provides clients with access to Certified Exercise Specialists, Certified Personal Trainers and Certified Exercise Physiologist's for exercise supervision, technique monitoring and inquiries.
9. To ensure safety, all clients must receive DPSC services prior to entering Supervised Conditioning (ex: HUMAC, evaluation, training, etc). Clients must demonstrate sufficient exercise program safety and independence to enter Supervised Conditioning.
10. Supervision is available only during DPSC operational hours (excluding holidays). Normal operational hours are:  
**Monday to Friday -7:00 am to 4:30 pm \*Hours are subject to change without notice**
11. If you require exercise program assistance and a staff member is not readily available, please feel free to politely interrupt – please be patient as one of our staff will then be with you as soon as possible.
12. All Supervised Conditioning clients must enter through the Fitness and Lifestyle Centre by scanning their identification card at the designated scanning station. No Card – No Access. All lost cards will be subject to a \$10.00 replacement fee.
13. All clients must comply with posted Fitness and Lifestyle Centre (FLC) rules and regulations.
14. Proper gym attire is mandatory. No halter tops, sports bras, jeans, cut-offs or ripped garments will be permitted. Clean athletic shoes must be worn at all times. No sandals allowed.
15. All equipment must be cleaned after use (including exercise mats). Cleaning products are provided.
16. Any person causing malicious damage to the facility or equipment in the facility will be held financially responsible for the repair or replacement of such damage. Failure to pay for said damages may result in the termination of membership until payment has been received. Abusive language or behavior will not be tolerated and may result in the suspension of your service privileges. The University of Regina reserves the right to discontinue memberships.
17. Memberships are not transferable.

The applicant agrees that the University of Regina, Dr. Paul Schwann Centre and/or proprietors will not be held responsible for any accidents or loss. I acknowledge that participation in Supervised Conditioning and use of the Fitness and Lifestyle Centre may involve the risk of personal injury. The use of equipment, facilities and premises of the University of Regina by clients participating in Dr. Paul Schwann Centre activities shall constitute acceptance of that risk regardless of the nature of the injury. I warrant that I am physically fit to participate and understand that the choice to participate brings the ASSUMPTION OF THOSE RISKS AND RESULTS that may be associated with my participation.

I have read and agree to all of the above DPSC Exercise and Fitness Service- Terms and Conditions:

Participants Signature: \_\_\_\_\_ Date: \_\_\_\_\_