



External Coaching & Training Policy

One-on-one or group training of ANY kind by trainers, coaches or volunteers who **aren't** hired by the Fitness Centre is strictly prohibited.

Anyone suspected by an employee to be engaged in training/coaching activities will receive a verbal warning and be asked to stop immediately. If the activity persists, the members involved will be asked to leave the facility and a notice of dismissal may be issued to their accounts.

Activities that can be deemed as/or associated with coaching & training are, but not limited to:

- Conducting personal business in the facility that has not been approved by the coordinator
- Providing unsolicited advice to members working out
- Frequent meetings with an individual or group of people during a consistent period
- Bringing and using equipment not provided by the Fitness Centre

Exceptions include, but are not limited to:

- Training/coaching in an area/room that has been formally rented and approved by the coordinator
- Engaging in a workout with friends or family provided there is zero monetary value

All Fitness Centre activities are monitored, and the staff reserve the right to address actions they deem unacceptable in accordance with the policy and/or the fitness rules and regulations.