WELCOME!

This handbook serves as your guide to all of the facilities services and amenities you can take advantage of as a Langille Athletic Centre member.

It is important that you please read through your member handbook as it covers all aspects of your membership, starting the day you join. While we periodically update this guide, you will always find the most up-to-date version online.

If you have any comments, suggestions or feedback, we would love to hear from you. Please stop by the front desk, call 902-893-6660 or send us an email (rams@dal.ca).

PLEASE NOTE:
Although every attempt has been made to include all rules, regulations and policies, the information in this booklet is current at the time of printing and we reserve the right to make changes as necessary. Changes to policy and procedure will be added to the online version of our handbook, available to view and print at dal.ca/rams.

dal.ca/rams  902-893-6660

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Entering/Exiting the Building

You can enter the Langille Athletic Centre two ways: down the stairs from Cumming Drive or through the doors by the Langille Soccer Field.

The front desk is located on this level beside the entrances to the locker rooms. Simply tap your membership card on the card reader and proceed when the green light appears.

Regular Building Hours

(Sept. 1 - Apr. 30)
Monday - Friday  6:00am-10:00pm
Saturday  10:00am-5:00pm
Sunday  10:00am-10:00pm

(May 1 - June 30)
Monday - Friday  6:00am-9:00pm
Saturday  1:00pm-5:00pm
Sunday  1:00pm-9:00pm

(July 1 - August 31)
Monday - Friday  6:00am-9:00pm
Saturday  closed
Sunday  1:00pm-9:00pm
Holiday Hours
The Langille Athletic Centre is closed during most major holidays. Visit our website (dal.ca/rams) for holiday hours and closure information.

Facility Closures and Space Restrictions
The Langille Athletic Centre hosts a number of annual events and programs which result in temporary area closures or space restrictions. Be sure to check our website for information on any activity location changes, area closures or reduced hours or cancellations for holidays and special events.

Events Affecting Facility Availability:
• Dalhousie exams in December and April
• Festive Craft Market in mid November
• DALAC varsity athletics and fundraising events throughout the year.

Memberships will not be adjusted due to the scheduling of these special events and programs.

Maintenance Periods
For maintenance purposes, certain areas of the building may need to be closed as required to accommodate necessary repairs. Notice will be posted in advance. These actions are taken to ensure the integrity of the facility and the safety of our members and every effort will be made to schedule this work during non-peak usage periods and to complete it as quickly as possible.

Memberships will not be adjusted to account for loss of access for certain areas or amenities during repairs or maintenance.

MEMBERSHIP INFORMATION

Renewing Your Membership
Langille Athletic Centre memberships can quickly and easily be renewed in person at the Langille Athletic Centre front desk.

Cancelling Your Membership
Memberships may be cancelled without penalty within 10 days of purchase. After this time, 30 days notice is required. Cancellation must be done in person at the Langille Athletic Centre front desk or by emailing rams@dal.ca (phone cancellations will not be accepted) and parking permits must be returned before the cancellation takes effect.

Membership Policies
• Members are required to carry their membership ID cards to access the building. Staff reserve the right to ask for Membership ID at any time.
• Children under 12 are not eligible to receive Membership ID cards and MUST be accompanied and supervised by a parent/guardian 18 years of age and over, with a valid membership.
• Spouses/partners and children 12 years and over must have their own Membership ID cards, even if on a family membership.
• Sharing of ID cards is forbidden; membership cards are not transferable. Sharing cards will result in suspension for both the card holder and the member involved.
• Members who forgot their card will be given a limited number of grace entries (5 max) per semester. Once these are used, members must produce a valid membership card or purchase a replacement to gain access. Lost membership cards will be replaced for a fee.
• A family is defined as the member, their partner/spouse and their dependent children. Dependent children are those under 20 years of age and living at the same address as the parents/guardians.
• Members are not permitted to employ or use personal trainers or coaches who are not employed by and/or are not official volunteers of the Department of Athletics and Recreation while using Dalhousie athletic facilities. Proof of residence is required.
WEIGHT ROOM EQUIPMENT RULES

- Minimum age for use of strength training or cardio equipment is 16 years old.
- Gym chalk is permitted however members must avoid creating a mess with their use. Clapping/dusting off excess chalk should be done over a garbage can.
- The use of a spotter is highly recommended while using weight room equipment.
- Do not rest on equipment.
- Do not drop the weights on the floor.
- Weight collars (clips) must be used on Olympic/powerlifting bars.
- Weight room users must return weight plates/dumbbells/barbells to the storage racks provided.
- Wipe down all equipment after use with a paper towel and cleaning spray provided. Spray paper towel first (not machine) and wipe down machines/mats/benches, etc.
- Please be courteous to other users at all times.

MAIN GYMNASIUM
(Hardwood Courts)

- The gymnasium courts are available for members and patrons to play badminton, basketball, pickleball, table tennis or volleyball so long as the courts aren’t booked.
- We require that all users of the gymnasium wear indoor shoes (shoes that have never been worn outside) for the protection of the floor surface.

SQUASH/RACQUETBALL COURTS

You can find our squash (2) and racquetball (1) courts off from the weight room.

Squash and racquetball courts can be booked prior to use via the front desk 902-893-6660. Only non-marking/scuffing shoes are permitted and closed eye protection is strongly recommended.

Racquets and balls can be borrowed from the front desk.

DAL AC FIELD

The DAL AC Field is a rental only field. Due to the nature of a natural grass field, pick up play is not allowed.

SPORT CLUBS

Langille Athletic Centre members are eligible to join any sport clubs.

For more information visit the Sport Clubs section of our website (dal.ca/rams).
Parking
One (1) Langille Athletic Centre parking pass is included as part of your annual membership. Short term memberships (ie: 5/10/20 visit passes, day passes, summer memberships, etc.) are not eligible for Langille Athletic Centre parking passes.

The Langille Athletic Centre parking lot is monitored by Dalhousie Security Services. Tickets are the responsibility of the member or visitor and any inquiries or disputes should be directed to Dalhousie Security Services and the issuing officer. Vehicles with no permit will be ticketed and/or towed if illegally parked.

Due to limited parking on campus and in the Langille Athletic Centre lot, a parking pass does not guarantee a space.

Regulations and any fees charged for parking may change from time to time. Langille Athletic Centre will endeavour to provide as much notice as possible to our members when changes occur or are pending.

Parking Rules
- Parking Permits are only valid for a maximum of 3 hours. Your parking pass is valid Monday to Friday, 6am-4:30pm.
- Members can park in any other non-metered spaces Monday-Friday, 4:30pm-1am or 9am-1am on weekends.
- A parking permit is valid for a maximum of one year and must be renewed annually by exchanging your expired pass at Langille Athletic Centre front desk. It is the members responsibility to ensure parking passes are current and valid.
- Parking permits are non-transferrable between vehicles and/or users. Members must provide a vehicle registration in their name before a pass can be issued.
- Please ensure that your permit (including number and expiry) is clearly displayed and facing outward.
- Any vehicles illegally parked in University designated spaces or at expired meters, in fire lanes, or in other areas not specifically designated for parking will be subject to ticketing, immobilization, and or towing at any time.
- Do not store valuables in your vehicle and please keep your vehicle locked at all times. Langille Athletic Centre is not responsible for theft or damage to vehicles or their contents.
**FITNESS AREAS**

**Cardio Equipment**
Our cardio room is located on the second floor of the fitness centre and is available for members aged 15 and over to use.

**Strength Training Equipment**
The weight room contains a complete range of weight training equipment (free weights, squat racks, etc.) as well as an area for stretching, mat work and core training exercises.

**Equipment Loans**
Langille Athletic Centre loans various pieces of sporting equipment from the front desk. Your membership card is exchanged for the rental equipment and will be returned once all items signed out are returned.

You will be held financially responsible to Langille Athletic Centre for the replacement cost of rental equipment lost, stolen or damaged while in your possession. Unreturned equipment will have a daily rental charge applied for each day the item is overdue.

**Lockers and Lockers**
Lockers and locks are included with your membership to the Langille Athletic Centre. Outside locks are not permitted. We strongly advise you not to bring valuables into the locker room even if you plan to leave them in a locked locker.

There are a large number of day use lockers available. Patrons of the facility may use these lockers but must remove their items by the end of the day.

To be fair to all users, locks left overnight on day use lockers or expired rental lockers will be removed, as will the locker’s contents. Contents will be held for a period of 14 days, after which unclaimed items will be donated to charity.

**Locker Rooms**
Langille Athletic Centre has two locker rooms for member use - both on the main level of the fitness centre. Accommodations can be made for those who require the use of a Universal locker room or additional privacy. All locker rooms have washroom facilities, day-use lockers, showers and wall-mouted hand/hair dryers.

**Locker Room Rules**
- Langille Athletic Centre is not responsible for lost or stolen items. We recommend you do not bring valuables into the locker rooms and that you keep your locker locked at all times.
- No loitering in the locker rooms.
- School-age children may not use locker rooms of the opposite gender - please see the front desk for accommodation.
- Please report suspicious behaviour or facility/equipment problems to front desk staff immediately.

Reminder: Dalhousie University is a scent-free environment. Avoid wearing/using scented personal care items when using the facility.

**Lost and Found**
Lost and found items will be held for 14 days at the front desk (902-893-6660) and then donated to charity. Langille Athletic Centre is not responsible for lost, stolen or missing items.

**Towel Service**
Towel service is included in your membership. Simply ask for a towel at the front desk. Towel service users will be held financially responsible for the replacement cost of any towels which are lost, stolen or damaged while in their possession.

Membership cards must be left at the front desk when signing out towels.
RULES & REGULATIONS

- In using Dalhousie University’s athletic facilities, members and guests are subject to all university policies, including the Code of Student Conduct, the University’s harassment policy and our User Code of Conduct. Should you experience uncooperative or disrespectful behaviour, please let our staff know and we will do our best to rectify the situation.
- No soliciting.
- No food or drink (other than non-breakable water bottles) is permitted in activity areas or locker rooms.
- Children under 16 are not permitted in the weight rooms.
- All personal trainers or coaches providing services in Dalhousie’s athletic facilities must be employed by and/or be official volunteers of the Dalhousie Department of Athletics and Recreation, with the exception of private rentals. The supply of services within Langille Athletic Centre and other Dalhousie athletic facilities remains proprietary to Dalhousie’s Department of Athletics and Recreation.
- Langille Athletic Centre is a smoke-free and scent-free facility. Dalhousie University asks people to avoid wearing scented personal care products, as fragrances can trigger asthma attacks, allergies and other medical conditions. For more information on Dalhousie’s scent free policy please visit dal.ca/scent-free.
- Smoking is not permitted on the Dalhousie campus.
- Langille Athletic Centre does not condone profanity or insulting slogans on members’ attire. Langille Athletic Centre reserves the right to govern appropriate apparel while using the athletic facilities. Proper athletic wear is required for exercise including appropriate shirts, shorts/athletic pants and athletic footwear in all areas.
- We request that members please report violations of the rules or damaged equipment to the Facility Supervisor.
- Langille Athletic Centre staff have the right to revoke membership privileges based on non-compliance to established rules and regulations.

User Code of Conduct
The User Code of Conduct was created to promote appropriate and respectful behaviour, and good sportsmanship within Dalhousie’s athletic facilities and applies to all students, members/users, guest, participants, rental groups, parents and spectators within said facilities. Anyone displaying unacceptable behaviour may be asked to leave the premises, and suspension or termination of the day pass, rental, facility access or membership agreement may occur.

UNACCEPTABLE BEHAVIOURS SHALL INCLUDE, BUT NOT BE LIMITED TO:

- Physical violence or threats of physical violence.
- Use of obscene, vulgar or threatening language or gestures in any manner to anyone at any time.
- Taunting of students, members, players, coaches, officials or other spectators by means of baiting, ridiculing, or the use of abusive or demeaning language.
- Willfully damaging property and/or equipment.
- Using equipment or facilities with malicious intent.
- Any other behaviour which a Dalhousie University employee finds to be inappropriate, disruptive or abusive in the circumstances.

Photography Policy
The use of cell phones, tablets and similar electronics devices, photography of any kind, video recording or other digital image capturing is not permitted in any locker rooms or other change room areas, restrooms, showers or fitness areas.

Permission for photography or video recording with the Department of Athletics and Recreation’s facilities must be requested and received from designated staff in advance. A minimum of 48 hours notice is requested.