



# SEXTON MEMBER HANDBOOK

[https://athletics.dal.ca/facilities/sexton\\_gym.html](https://athletics.dal.ca/facilities/sexton_gym.html)

Last updated July 2021

# WELCOME!

This handbook serves as your guide to the facilities and services you can take advantage of as a Sexton Gym member.

It is important that you 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. You can visit the staff at Sexton gym, stop by the Dalplex Client Experience Centre, call **902-494-6053** or **902-494-3372** to speak with client experience staff or send us an email to [dalplexinfo@dal.ca](mailto:dalplexinfo@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 procedures will be added to the online version of our handbook, available to view and print at [https://athletics.dal.ca/facilities/sexton\\_gym.html](https://athletics.dal.ca/facilities/sexton_gym.html).

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# GENERAL INFORMATION

## Entering/Exiting The Building

You can enter Sexton Gym via the Barrington Street entry doors or via breezeway from B building.

## SEXTON GYM STRIVES TO PROVIDE A BARRIER-FREE AND INCLUSIVE ENVIRONMENT WITH ACCESS TO:

- automatic doors at main building entry points.
- a small elevator located in the lower-level lobby provides access to the gymnasium.
- accessible washrooms, shower stalls and locker rooms.
- a universal locker room with private changing cubicles and showers.

## Client Experience Centre

The Sexton client experience team is here to show you around the building, answer your questions, and provide you with the best Sexton Gym member experience. The Client Experience staff can be found in the Cardio & Strength Room or you can reach them using the Call Box located by the door leading into the Cardio & Strength training room. You can also call **902-494-6053** or **902-494-3372** to speak with a team member.

## Regular Building Hours

### (Sept. 1 - Apr. 30)

Monday-Friday: 7:00am - 10:00pm  
Saturday: 8:00am - 8:00pm  
Sunday: 8:00am - 10:00pm

## Spring/Summer Building Hours

### (May 1 - Aug. 31)

Monday-Friday: 7:00am - 8:00pm  
Saturday & Sunday: 9:00am - 6:00pm

## Holiday Hours

Sexton Gym is closed on Good Friday and Dec 24-Jan 1. Reduced building hours are in effect on other holidays. Visit our website for holiday hours and closure information.

## Facility Closures And Space Restrictions

Sexton Gym hosts a number of annual events and programs which result in temporary space restrictions. Use of the gymnasium is affected by exams, tournaments and other events. When possible, activities may be temporarily relocated to Studley Gymnasium or Dalplex both located on the Studley campus.

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. In addition, current information on fitness class schedules, instructors and changes is available on our Fitness Hotline, **902-494-2119**.

## EVENTS AFFECTING FIELDHOUSE AVAILABILITY:

- Dalhousie exams in December and April
- Dalhousie clubs and intramural events throughout the academic year
- Dalplex & Dal Tigers day camps in the summer and Christmas/March breaks
- Other special academic and rental events

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

## Maintenance Periods

For maintenance purposes, certain areas of our buildings will 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. 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 to certain areas or amenities during repairs or maintenance.

## Parking

- Parking passes are not available for Sexton Gym members.
- Parking may be available at nearby meters.
- Faculty, staff and student members must purchase a Dalhousie University parking permit through Dalhousie Security Services to park on campus.
- The Dalhousie campus parking lot is the property of Dalhousie and is monitored and operated by Dalhousie Security Services.
- All parking violations are the responsibility of the vehicle owner.
- Any vehicles illegally parked in Dalhousie 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.
- Additional information regarding parking on Dalhousie Campus can be found online at [www.dal.ca/parking](http://www.dal.ca/parking)

## MEMBERSHIP INFORMATION

Client Experience Centre 902-494-6053 or 902-494-3372

### Renewing Your Membership

- Sexton memberships paid upfront in full can quickly and easily be renewed in person at the Client Experience Centre.
- If you have purchased an annual membership and pay with pre-authorized monthly payments or payroll deduction, your membership will automatically renew after one year.

### Freezing Your Membership

Memberships may be put on hold for personal reasons once per year at no cost. All personal freezes must be for a minimum of one (1) month and a maximum of four (4) months. If a member wishes to freeze their membership more than once a year, or for a period longer than four months, a charge of \$25 will be levied for each request.

Memberships can be frozen at any time for medical reasons for a minimum duration of one (1) month. To qualify members must provide written medical evidence to the Client Experience Centre staff.

Sexton members with family memberships or add-on memberships have the option of freezing one or all memberships associated with their account, however when only one membership is frozen the additional membership time will be divided equally among all associated members to ensure a consistent expiry date.

A minimum of three (3) business days notice to the Client Experience Centre is required before a freeze can begin. Please be aware that pre-authorized payments or payroll deductions will continue while memberships are frozen. A membership freeze form must be filled out with the client experience staff to authorize your membership freeze.

### Cancelling Your Membership

Memberships may be cancelled without penalty within 10 days of purchase. After this time, 30 days notice is required and a cancellation fee will apply within the first year of your membership. The fee is only charged when the main/primary membership is cancelled – the fee does not apply if you are cancelling an add-on or family member from your membership,

Cancellation must be done in person at the Client Experience Centre or by emailing [dalplexinfo@dal.ca](mailto:dalplexinfo@dal.ca) (phone cancellations will not be accepted) and membership card(s) must be returned before the cancellation takes effect.

The cancellation fee is waived after your first full year of membership however 30 days notice is still required.

### Membership Policies

- Members are required to carry their membership ID cards to access the building. Staff reserve the right to ask for Sexton Gym ID at any time.
- Spouses/partners and children 12 years and over must have their own Sexton ID cards, even if on a family membership and may result in the termination of your membership.
- Members who forget their card will be given a limited number of grace entries (10 max) per semester. Once these are used, members must produce a valid membership card or purchase a replacement to gain access. Lost Sexton Gym membership cards will be replaced for a fee. Dalhousie University I.D. (for students, employees, alumni, etc.) must be replaced at the DalCard office.
- At Sexton Gym, a family is defined as the member, their partner/spouse and their dependent children

all residing at the same address. Dependent children are those under 20 years of age and living at the same address as the parents/guardians. Proof of residency is required.

- While using Dalhousie's athletic facilities 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.

## **Sexton Gym Rules & Regulations**

- In using Dalhousie University's athletics 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. Uncooperative or disrespectful behaviour is unacceptable. 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) permitted in activity areas or locker rooms.
- Children under 14 are not permitted in the cardio & strength room.
- All personal trainers or coaches providing services in Dalhousie's athletic facilities must be employed by and/or be official volunteers of the Dalhousie's Department of Athletics and Recreation, with the exception of private rentals. The supply of services within Sexton and other Dalhousie athletic facilities remains proprietary to Dalhousie's Department of Athletics and Recreation.
- Sexton Gym is a smoke-free and scent-free facility. Dalhousie University asks everyone 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 [www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html](http://www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html). Smoking is not permitted on the Dalhousie campus.

- Sexton Gym does not condone profanity or insulting slogans on members' attire. Sexton 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. No open toe shoes, sandals or bare feet are permitted.

- We request that members report violations of the rules or damaged equipment to the Client Experience Centre staff.

- Sexton 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, guests, 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 BEHAVIOUR 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 privacy of all members, guests and our staff is of the utmost importance to us. The use of camera/video enabled devices is strictly prohibited in any locker rooms/change room areas, restrooms, showers or saunas.

Members are permitted to use their camera/video enabled devices provided it is for personal use only, does not disrupt or capture the activity of others and is in accordance with Dalhousie University's Code of Student Conduct and Harassment Policy and the Dalplex/Sexton Gym User Code of Conduct.

If you are interested in capturing photos or videos for professional purposes, or if you have a media request, please contact [sports@dal.ca](mailto:sports@dal.ca).

## MEMBER SERVICES

Client Experience Centre at Sexton Gym:  
902-494-6053 or at Dalplex: 902-494-3372.

### Equipment Rental

Sexton rents various pieces of sporting equipment from the Client Experience Centre for a small fee (fee is waived for full-time Dal students with an active Dalplex membership). Your Sexton membership card or DalCard is exchanged for the rental equipment and will be returned once all items signed out are returned. You will be held financially responsible to Dalhousie Athletics & Recreation 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. The rental fee is good for day of purchase only.

### Locks and Lockers

Sexton Gym offers medium and large lockers for rent in the male and female locker rooms. Rental lockers are not available in the universal locker room due to the limited number of lockers in that room. Please inquire at the Client Experience Centre for rental rates and availability. We strongly advise you not to bring valuables into the locker room even if you plan to leave them in a locked locker. Members accept all responsibility for items brought into the facility. Athletics and Recreation is not responsible for lost, stolen or the loss of member's personal or rental property.

There are a large number of day use lockers available. Members may use these lockers free of charge 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 or disposed.

### Lost and Found

Lost and found items will be held for 14 days at the Client Experience Centre (902-494-6053) and then donated to charity or disposed. Sexton Gym is not responsible for lost, stolen or missing items.

## Personal Training

Make the most of your workouts - see the results and feel the difference a trainer can make for you.

For more information contact our Fitness Coordinator at **902-494-3017** to review options and make an appointment for your initial consultation (additional fees apply to all appointments).

## Sport Clubs & Intramural Programs

Sexton Gym members are eligible to join many of our Tier 2 sport clubs or participate in Dalhousie intramural leagues, the majority of which operate during the Fall and Winter academic terms and the intramural softball league that runs from May-August. Sport clubs are self-administered student-based groups which are eligible for support from Athletics and Recreation and some clubs (Tier 1) are strictly student-based due to their participation in intercollegiate competitions. For more information, contact the Campus Recreation Coordinator at **902-494-2002**, or visit the Campus Recreation tab on our website.

## FACILITIES

### Accessibility at Sexton Gym

If you have a mobility impairment, elevators are available in B Building and the Barrington Street entrance has a ramp that can assist you in accessing the workout spaces.

Sexton Gym is also an excellent facility choice for clients with a visual impairment who are looking for a wide variety of fitness training and active living options. Client Experience staff can assist in orienting visually impaired members and guests with access to the building, determining the best routes into and out of the building, accommodation for guide dogs and who to turn to for help. Please call **902-494-6053** or **902-494-3372** and speak with a supervisor to arrange your orientation or for further information. For more information on Student Accessibility Services at Dalhousie please visit [www.studentaccessibility.dal.ca](http://www.studentaccessibility.dal.ca).

### Locker Rooms

Sexton Gym has three locker rooms available for member use: a women's, men's and universal locker room. The universal locker room is available for adults, families or anyone who prefers a locker room with more privacy or a space that welcomes all gen-

ders. All locker rooms have washroom facilities, day-use and rental lockers, showers, private changing cubicles, and wall-mounted hand/hair dryers.

## LOCKER ROOM RULES

Reminder: Dalhousie University strives to be scent-free environment and your cooperation is required. Avoid wearing/using scented personal care items when using Sexton Gym. Visit the link for the Dalhousie Scent Free policy.

[www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html](http://www.dal.ca/dept/safety/programs-services/occupational-safety/scent-free.html)

- Sexton Gym and Dalhousie University Athletics and Recreation are not responsible for lost, stolen or missing items. We recommend you do not bring valuables into the locker rooms and that you keep your locker locked at all times and never leave items unattended in workout areas or the locker rooms.
- No loitering in the locker rooms or any other areas of the facility.
- School-age children may not use locker rooms of the opposite gender – please use the universal locker room to change together.
- Locks left on day-use lockers at closing time will be cut and contents will be removed and stored at the Client Experience Centre. Unclaimed items are donated to charity after two weeks.
- Please report suspicious behaviour or facility/equipment problems to Sexton staff immediately.

## UNIVERSAL LOCKER ROOM RULES

(In addition to rules listed above)

- These are locker rooms for everyone.
- Clothing must be worn at all times while in the common areas.
- Cubicles must be used for changing.

## Cardio & Strength Room

### CARDIO EQUIPMENT

Cardio equipment is located in the Cardio & Strength Room. Members must be aged 14 and over to use. Sexton staff are located in an office in the room near the entrance to answer your questions or show you how to use a particular piece of equipment.

## STRENGTH TRAINING EQUIPMENT

Sexton Gym offers its members the use of small selection of selectorized and free weight strength training equipment. The range of strength training equipment includes selectorized machines, free weights, squat racks, dumbbells, barbells and more. A small stretching room for mat work and core training exercises is also available.

## CARDIO AND STRENGTH ROOM EQUIPMENT RULES

- Minimum age for use of strength training or cardio equipment is 14 years old.
- Gym bags must be stored in the cubbies provided.
- Gym chalk is not permitted, liquid chalk only.
- The use of a spotter is highly recommended.
- Allow others to use equipment in between your sets. This is expected gym protocol. If asked, allow another member to work-in a set while you rest or if you are using another piece of equipment, i.e. super setting.
- 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 the wipes supplied by Sexton Gym. Wipe areas you have touched on all machines, mats, benches, cardio machines, etc.
- Please be courteous to other users at all times.
- Members must follow the direction of Sexton staff at all times.

## Fitness Studio

A new large fitness studio is now available within the Sexton Gym facilities. The studio has mirrors and hardwood floors and is climate controlled. All group fitness classes take place in this studio.

## Stretching Room

The stretching room is designated for stretching, warm-up, cool down, abs and floor exercises.

## FOR MORE INFORMATION

Client Experience Centre - Sexton	902-494-6053	
Client Experience Centre - Dalplex	902-494-3372	
Client Experience Email		<a href="mailto:dalplexinfo@dal.ca">dalplexinfo@dal.ca</a>
Camps	902-494-2002	<a href="mailto:camps@dal.ca">camps@dal.ca</a>
Facility Rentals	902-494-6467	<a href="mailto:reservations@dal.ca">reservations@dal.ca</a>
First Aid & CPR	902-494-7040	<a href="mailto:firstaid@dal.ca">firstaid@dal.ca</a>
Fitness Schedule Hotline	902-494-2119	
Intramural & Sport Clubs	902-494-2002	<a href="mailto:intra@dal.ca">intra@dal.ca</a> <a href="mailto:sportclubs@dal.ca">sportclubs@dal.ca</a>
Membership Sales	902-494-6053	<a href="mailto:dalplexinfo@dal.ca">dalplexinfo@dal.ca</a>
Personal Training	902-494-3017	<a href="mailto:fitness@dal.ca">fitness@dal.ca</a>

### Contact us:

Sexton Gym  
Dalhousie University  
1360 Barrington Street  
PO BOX 15000  
Halifax, NS, B3H 4R2

Phone	902-494-6053
Fax	902-494-2574
EMAIL	<a href="mailto:DALPLEXINFO@DAL.CA">DALPLEXINFO@DAL.CA</a>