



# Toronto Garrison Recreation Access Card Registration Form



PSP Contact Details 416-633-6200  
FS & R Coord ext 3788 / Fitness & Sport Instructor ext. 3226 / 3208

## Applicant

Rank (if applicable)	Last Name	First Name
Address	City	Postal Code
Home phone #	Work phone #	E-mail
Unit or Work Place	SN # or PRI #	DOB

Reg Force   
  Res A   
  Res B   
  Res C   
  DND   
  CIV

## Family Members

Name	DOB	Membership #

## Membership

## Prices

Category	Single		Family	
	6 Months	12 Months	6 Months	12 Months
<b>Regular</b> (CF members, Reserve class B or C, Civilians living in quarters, Foreign Military on duty in Canada and all dependents of these categories)	\$ 22.12 <b>\$ 25.00</b>	\$ 30.97 <b>\$ 35.00</b>	\$ 35.40 <b>\$ 40.00</b>	\$ 61.95 <b>\$ 70.00</b>
<b>Ordinary</b> (Reserve Class A, DGPFS, DND, NPF, Ex-DND, Ex-NPF, RCMP, EX-RCMP, Civilians employed at the Garrison, Commissionaires, SRR and all dependents of these categories)	\$ 30.97 <b>\$ 35.00</b>	\$ 48.67 <b>\$ 55.00</b>	\$ 57.52 <b>\$ 65.00</b>	\$ 92.92 <b>\$ 105.00</b>
<b>Associate</b> (Recreation Club Members: Must be authorized by Club president's e-mail)	\$ 53.10 <b>\$ 60.00</b>	\$ 88.50 <b>\$ 100.00</b>	\$ 92.92 <b>\$ 105.00</b>	\$ 172.57 <b>\$ 195.00</b>

Signature

Date

Staff:	Receipt #:	Type of membership:
Pay Allotment:	Amount:	Club Name:
Issue date:		Expiry date:

# **TORONTO GARRISON FITNESS FACILITIES:**

## **RULES OF CONDUCT**

1. APPROPRIATE TRAINING CLOTHING WILL BE WORN AT ALL TIMES IN THE FITNESS TRAINING AREAS (ATHLETIC FOOTWEAR, GYM SHORTS/PANTS, T-SHIRT OR TRAINING TOP).
2. NO SANDALS OR FLIP FLOPS PERMITTED IN THE TRAINING AREAS.
3. NO CF-ISSUED COMBAT BOOTS, PANTS OR SHIRTS ALLOWED WHILE TRAINING IN THESE AREAS.
4. MILITARY TRAINING TAKES PRIORITY AT ALL TIMES.
5. DND, CIVILIAN AND RETIRED MILITARY PERSONNEL MUST PROVIDE PROOF OF REC COUNCIL MEMBERSHIP FOR ACCESS TO FITNESS FACILITIES.
6. CLEAN EQUIPMENT AFTER USE AND RETURN ALL WEIGHTS TO THEIR RESPECTIVE STORAGE AREAS.
7. SPOTTERS ARE STRONGLY ADVISED AT ALL TIMES AND PLEASE NEVER TRAIN ALONE IN THE FITNESS AREAS.
8. REPORT ANY INJURIES OR FIRST-AID REQUIREMENTS TO THE PSP STAFF OR ATTENDING COMMISSIONAIRES OUTSIDE PSP WORKING HOURS.
9. REPORT ANY DAMAGE TO MACHINES OR EQUIPMENT TO PSP STAFF
10. DO NOT DROP THE DUMBBELLS, BARBELLS OR PLATES TO THE FLOOR.
11. ANYONE WITH A PHYSICAL LIMITATION WILL BE BRIEFED BY PSP STAFF FOR ADDITIONAL SAFETY RULES AND GUIDELINES.

EVERY PERSON AS A CONDITION OF BEING ISSUED A CARD, WILL AGREE TO CONFORM TO THE IDENTIFICATION REQUIREMENTS, DISPLAY THE CARD WHEN ENTERING THE TORONTO GARRISON GYMNASIUM AND ALL OTHER FACILITIES INCLUDED AS RECREATION ASSOCIATION BENEFITS. THE MEMBERSHIP CARD MUST BE RETAINED IN HIS/HER POSSESSION FOR HIS/HER SOLE USE. REPORT ITS LOSS IMMEDIATELY TO THE ISSUING AUTHORITY.

I AM AWARE OF ANY VIOLATION OF THESE INSTRUCTIONS MAY RESULT IN BEING BARRED FROM THE TORONTO GARRISON GYMNASIUM AND ALL OTHER FACILITIES INCLUDED AS REC ASSOCIATION BENEFITS

THANK YOU FOR HELPING TO KEEP THESE FACILITIES CLEAR OF DEBRIS AND SAFE FOR THE NEXT USERS.

BY SIGNING THIS FORM, YOU ARE ACKNOWLEDGING THAT YOU HAVE READ, UNDERSTOOD AND WILL FOLLOW ALL RULES MENTIONED ABOVE.

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REC MEMBER SIGNATURE

DATE

RELEASE OF LIABILITY

WAIVER OF CLAIMS, ASSUMPTION OF RISKS

AND INDEMNIFICATION AGREEMENT

I/We realizing and acknowledging the **inherent risks and dangers of using recreation and fitness facilities**; on behalf of myself, my heirs, devisees, successors, assigns, executors and administrators, in consideration of being permitted to participate in activities at the ASU Toronto Recreation and Fitness facilities at Denison Armoury or any approved Recreation Counsel Club Activity, whether on or off Department of National Defence (DND) Property do hereby;

a. Waive all claims of any nature or kind whether in contract, tort, negligence or otherwise, against Her Majesty Queen in right of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces, and against those members, Non-Public Property, and against ASU Toronto Personnel Support Program Section (PSP) or the Recreation Counsel, its officers, servants, agents and employees, all in their employment and private capacities, in any manner arising out of, based upon, occasioned by or attributable to the activities of them, including negligence on their part, or any action taken or things done or maintained by virtue thereof;

b. Having determined and acknowledged that the activity is inherently hazardous and may result in **physical harm** and wishing in any event to carry out the activity, voluntarily assume any risks that may be associated with the activity;

c. At all times indemnify and save harmless Her Majesty the Queen in right of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces, and those members, Non-Public Property, and ASU Toronto PSP or the Recreation Counsel, its officers, servants, agents and employees, from and against all claims and demands, loss, costs, damages, actions, causes of action, suits or other proceedings by whomsoever made, brought, or prosecuted in a manner, related to any loss, property damage, personal injury or death, resulting from, occasioned by or attributable in any way to my presence on or at the ASU Toronto Recreation and Fitness facilities;

d. Covenant that I will not commence or maintain against any persons, any action or proceeding which will give rise to a claim against Her Majesty the Queen in right of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces, or against those members; Non-Public Property, or against the Canadian Forces Personnel Support Agency, its officers, servants, agents and employees, for contribution or indemnity; and

e. Acknowledge having read this Release of Liability, Waiver of Claims, Assumption of Risks and Indemnification Agreement and understanding the Agreement is intended to be broad and all inclusive so as to preclude any claims, indicate **my acceptance and the acceptance of all members listed on this file card of this document by my signature**.

RESPONSIBILITY FOR LOST OR STOLEN EQUIPMENT

Responsibility of a member's equipment lies with the member, PSP will not be held responsible for member's lost or stolen property.

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CERTIFICATION AND SIGNATURE

**I HEREBY CERTIFY THAT THE INFORMATION PROVIDED IN THIS APPLICATION IS CORRECT AND COMPLETE AND I HAVE READ THE ABOVE WAIVER.** Upon acceptance of membership, I agree to abide by the regulations and by-laws governing the operation of the ASU Toronto Recreation and Fitness facilities.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_ RECEIPT# \_\_\_\_\_  
Membership Holder

WITNESS: \_\_\_\_\_ Signature: \_\_\_\_\_  
Print