

TORONTO ATHLETIC CLUB'S CODE OF CONDUCT

The Toronto Athletic Club is an inclusive community for all. If, for any reason, a person makes a member, patron, guest, staff person or anyone else within the club feel uncomfortable, harassed, or in any way threatens their personal safety, the Toronto Athletic Club has the right to deny access and in the case of a member, have their membership resigned.

CELL PHONES

- Phone calls are not to be made or taken on the gym floor, during fitness classes, any other athletic areas or in the restaurant. Discreet calls should be minimal in length and as quiet as possible. If you need to take a discreet call, do so in the squash lounge, locker room, reception area, or connecting areas of the club.
- Do not use your cell phone while on equipment between sets.
- Photography, videography and video calls are strictly forbidden within the club's locker rooms.
- Be mindful while capturing photo and video to not include anyone else unless they have given prior permission.

LOCKER AREAS

- Ensure your used towels and robes are placed in the hampers provided.
- Take all of your belongings with you – or place them in your locker – when you leave. Items that are left will be collected, stored for one month, then donated to charity.
- No shaving in the steam room or whirlpool.
- Use discretion when applying perfumes/colognes.
- Ensure your gym attire is freshly laundered.
- Our guest lockers are available for use during your workout. Refrain from using them while you're not in the club. Items will be collected nightly.
- Ensure your gym attire is not in the way of other members while you are using the locker room facilities.
- Do not use hair dye in the shower area.

GROUP EXERCISE

- Pre-register for classes in advance. You can reserve your spot in the class by signing up online or through our app.
- It is recommended to arrive about five minutes early for classes. If you are entering after class has begun, be mindful of your fellow members.
- All members are asked to keep your space tidy. Ensure to clean your mats and/or equipment after use, and return them to their designated area at the end of class.
- Make instructors aware of any of your injuries or limitations so they're able to modify the class for you, as necessary.
- Be mindful of those around you so that everyone can get the most out of the class.
- Bring a positive attitude with you to class to ensure you and all other members have an awesome experience.

- For the safety and wellbeing of our members, classes are structured to include a warm-up. Out of consideration for all members' safety and for the experience of others in the class, you may not be admitted if you arrive five or more minutes late to class.
- When classes are not scheduled for our fitness studios, members are welcome to use these spaces. However, please remember that they are shared spaces and everyone is welcome to use them.
- Please refrain from touching the audio equipment in our studios, as it can greatly impact our group fitness classes.

SQUASH

- All shoes worn on our courts must have non-marking soles.
- Ensure you leave the space clean: towels are to be placed in the hampers, tissues/cups in the garbage, and balls removed from the courts.
- Ensure your clothing is appropriate and is freshly laundered.
- If you are unable to make a court booking, ensure you cancel as soon as possible.
- Always try to be on-time for games and let your opponent know if you are running late.
- Always call your lets.

FITNESS

- Replace weights and equipment back in their appropriate spots when you are done with them.
- Avoid dropping weights. Our neighbours appreciate it and it is a safety issue.
- Wipe down equipment when you are finished. Sanitary wipes are available in all athletic areas.
- Ensure newspapers and personal items are not left on equipment after use.
- To ensure your safety and for sanitary reasons, ensure proper footwear is worn at all times in all active areas of the club and in the restaurant.
- If you are unsure on how to use a piece of equipment, or you have any questions about the club itself, ask one of our experts for help.

PILATES

- Ensure your cell phone is on silent when you enter the studio.
- Be mindful of others' sensitivities to scent.
- Be mindful of other ongoing sessions. Keep your voice low during conversations in the studio.

CLUB HOURS

Monday-Friday: 5am – 10pm

Saturday: 7am – 6pm

Sunday: 8am – 5pm

Holidays: 8am – 5pm

Note that the club closes at these times. We ask that if you would like to shower/clean up, you head to the locker area 20 minutes before closing to ensure you have enough time.