

# PSP PLAN SUBSCRIPTION RULES AND REGULATIONS



## Contract Objectives

The PSP Fitness Facility Plan for public service employees at DND (PSP PLAN) is designed to give public service employees at DND access to the facilities and classes available at CAF gyms within the NCR, while also ensuring that CAF member fitness remains the top priority.

Membership to the PSP PLAN will not be granted unless this waiver has been read, dated and signed.

PSP reserves the right to request proof of employment status and a building access pass at any time.

Public service employees at DND must have a valid Access Pass to enter the eligible facilities. The purchase of a PSP PLAN for public service employees at DND does not include an application for such an Access Pass.

## Eligible CAF Fitness Facilities

The PSP Fitness Facilities Plan for public service employees at DND is applicable in the following locations:

UNIT	ADDRESS
PLACE BELL	105 Hotel de ville, Gatineau (QC) Basement
STAR TOP	1600 Star Top Road, Ottawa (ON) Main floor
WALKLEY	2100 Walkley Road, Ottawa (ON) Main floor
COVENTRY	285 Coventry Road, Ottawa (ON) Basement
412 SQUADRON	200 Comet Private, Ottawa (ON) Main floor
455	455 Boulevard de la Carriere, Gatineau (QC) Main floor
ASTICOU	241 Boulevard de la Cité-des-jeunes, Gatineau (QC) Main floor
NDHQ CARLING	60 Moodie Drive, Ottawa (ON) B2 Basement and Main floor / B6 Main floor
BAND	16 Spitfire Private, Uplands, Ottawa (ON) Main floor
PHOTO	1200 Montreal Road, Ottawa (ON) 1st floor
LEITRIM	3545 Leitrim Road, Ottawa (ON) Building 268 Main floor
CONNAUGHT	1 Lewis Gun Road, Ottawa (ON)
HCC	1745 Alta Vista Drive, Ottawa (ON) Main floor and Basement
MONTFORT	713 Montreal Road, Ottawa (ON) 3rd floor and 6th floor
PEARKES	101 Colonel By Drive, Ottawa (ON) 5th floor and Basement
NPB/QETE	45 Boulevard Sacré-Coeur, Gatineau (QC) Basement
SHIRLEY'S BAY	3701 Carling Avenue, Ottawa (ON) Building 34
TUNNEY'S PASTURE	101 Goldenrod Driveway, Tunney's Pasture, Ottawa (ON) Building 16 Main floor

## Refund

The cancellation a PSP PLAN is permitted only for medical reasons, termination of employment with DND or relocation. Supporting documentation may be required. Refunds will be prorated to the date of cancellation. No transfers or credits are allowed.

Refunds and cancellations are subject to a \$20 administration fee.

## Risk Acceptance

Regular physical activity is fun and healthy, and increasingly more people are becoming more active every day. Being more active is very safe for most people. However, some people should check with their doctor before increasing their level of activity.

The member accepts the risks inherent in the practice of physical activity and using what is made available to them.

ALL PARTICIPANTS SHOULD CONSULT THEIR PHYSICIAN BEFORE UNDERTAKING ANY FITNESS PROGRAM.

The member agrees to indemnify PSP, its affiliates and their representatives against any causes of action arising out of the member's negligence while using the gym, facilities or equipment, including all legal and expert fees that may be necessary for the member's complete defense.

## Payment

Fees for the PSP Plan for public service employees at DND are established on an annual or semi-annual basis. Full payment is required at the time of the online enrollment and must be renewed upon expiration. CAF fitness facilities do not have banking terminals; therefore, in-person payments are not accepted.

## Responsibility for Lost or Stolen Equipment

The members are solely responsible for their personal belongings brought into the PSP facilities. The member releases PSP from any liability in the event of loss or theft.

## Release of Liability Waiver of Claims, Assumption of Risk and Indemnification Agreement

I, the undersigned realize and acknowledge the inherent risks and dangers of practicing in physical activity, in consideration of being permitted to participate in physical activities at the eligible CAF Fitness facilities in the NCR the PSP PLAN, do hereby:

- waive all claims of any nature or kind whether in contract, tort, negligence or otherwise, against His Majesty the King in right of Canada, His officers, servants, agents, employees and members of Her Canadian Armed Forces, and against those members' Non-Public Property, and against the Canadian Armed Forces Personnel Support Agency, 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;
- having determined and acknowledged that practicing physical activities is risky and may 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 practicing physical activities;
- at all times indemnify and save harmless His Majesty the King in right of Canada, His officers, servants, agents, employees and members of Her Canadian Armed Forces, and those members' Non-Public Property, and the Canadian Armed Forces Personnel Support Agency, 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 when practicing physical activities;
- 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 of this document by my signature.

## CFSG Ottawa-Gatineau Standing Order – Chapter 9.10

All participants must comply with the CFSG (O-G) Standing Orders issued under the authority of the Commander Canadian Forces Support Group Ottawa-Gatineau. The PSP PLAN will be interpreted in accordance with the Military Fitness and Sports Facilities Rules and Regulations - CFSG (O-G) Standing Orders, Chapter 9.10 (Personnel Support Programs).

When accessing the DND fitness facilities, proper fitness attire must be worn and cover midribs at all times. Offensive language, graphics, and/or symbols on clothing is prohibited.

Failure to comply with any of these regulations will result in immediate removal from the fitness facility and revoking the PSP PLAN.

**I HAVE READ AND UNDERSTOOD THE INFORMATION NOTED ABOVE, AND BY SIGNING BELOW, I AGREE TO THESE TERMS AND CONDITIONS, ASSUMPTION OF RISK, AND WAIVER OF CLAIMS.**

## FOR MORE INFORMATION:

[CFMWS.ca/NCR/PSP-PLAN-DND](http://CFMWS.ca/NCR/PSP-PLAN-DND)