

## Code of Mutual Respect for Personal Best

As a Personal Best participant I will do my best to:

1. Use respectful language and have a respectful attitude towards myself, other participants and all instructors/volunteers.
2. Commit to arriving on time! This allows everyone to get the most from what we have created with this program. Losing time is a loss for everyone.
3. Participating and being present in the program that has been created just for me. I will honour my commitment to myself.
4. I understand that phones must be left in the welcoming space phone basket, they can be checked at break times if needed. This time is for me, any emergency phone calls/texts can be directed to our office and you will be contacted immediately. This number is 403-627-4478.

Please note: We understand that life happens, if something comes up where you absolutely can not attend due to illness or emergency, please call/text so we can make the necessary arrangements in our program.

Thank you for taking this step on your journey to be your Personal Best!