In case of an emergency, you’ll be alerted by an emergency message over the PA system.

Follow the instructions given by sports staff.

In case of evacuation

1. Leave the premises.
   - Don’t delay the evacuation by collecting your personal belongings from changing rooms or getting changed.

2. Proceed to the nearest stairway and exit.
   - Follow evacuation route signs.

3. Proceed to the Assembly Point.
   - Do NOT return to the building until management or emergency services personnel tell you that you may.

In case of fire

Notify staff if you smell something burning or discover a fire.

1. Activate the fire alarm.

2. Notify sports centre or gym staff and/or go to the caretaker’s office for the building.

3. Proceed as in the case of an evacuation.
If you hear a lockdown message over the PA system or UPC staff tell you a lockdown is in effect:

1. **Don't leave the building.**
   If you're outside, quickly enter any building.

2. **Wait inside the building** until the emergency coordinator or emergency services personnel tell you that you may leave.