

Movement Co.

COMMUNITY GUIDELINES

All members must have registered on the UBC Recreation Movement Co. registration form prior to being allowed to join the Facebook group. All members will be current members in good standing with the UBC community: students, staff, faculty or members of the University Neighbourhood Association (UNA) age 16 or over.

What We Are

Our community is designed to be a positive place that supports, motivates and inspires movement and builds healthy, vibrant people. Our social club aids in the development of healthy behaviors, as well as the development of a love for moving our bodies with newly found friends. We are about fun, not being the fastest or fittest. We're about finding new friends. We're about encouragement and finding motivation for movement. We're about trying out new opportunities.

We commit to create an environment that respects each individual's interests, experiences, levels of comfort and confidence and varying abilities. We welcome new members age 16 and over (participants under the age of 18 must be accompanied by a parent/guardian because of legal liability). We value respect, civility, diversity, opportunity and inclusion. We encourage each person to try out new activities and we also uphold the right for each individual to build confidence and develop relationships in his/hir/her own way.

We strive to meet in person to build new friendships and share new experiences. We only compete to find our personal best and to have fun, not to beat others.

Our dialogue in our community focuses on best practices, evidence-based ideas, and sharing our own personal experiences to create a positive learning environment that encourages physical activity.

Movement Co. Captains are the only individuals allowed to host official Movement Co. events and give out stamps on the Movement Co. Membership Cards. Any student, staff, faculty member or UNA community member can apply to be a Movement Co. Captain, by contacting Suzanne Jolly, Physical Activity Manager at suzanne.jolly@ubc.ca.

What We Are Not

- We are not a place where we compete against each other to win, or pressure others to participate despite their feelings of discomfort. We do not shame or intimidate or coerce.
- We are not a community which makes comments that are profane, defamatory, offensive or use violent language.
- We do not allow “trolling”, or posting deliberately disruptive statements meant to hijack comment threads or throw discussions off-track.
- We will never allow attacks on specific groups or any comments meant to harass, threaten, intimidate, discourage or abuse an individual. Hateful or discriminatory comments regarding race, ethnicity, religion, gender, disability, sexual orientation or political beliefs do not belong in our community.
- Links or comments containing sexually explicit content material are not permitted.
- We do not engage in conversation about illegal activity, or allow spam, link baiting or files containing viruses that could damage the operation of other people’s computers or mobile devices.

- We do not allow anyone to stalk or collect private information without disclosure.
- Commercial solicitations or personal promotions are not allowed.
- We abide by Provincial and Federal privacy legislation and we do not allow violations of copyright, privacy or intellectual property rights.
- Any posted content determined to be inappropriate, in poor taste, or otherwise contrary to the purposes of the forum will not be accepted.

Our community is a place where people feel welcome and a sense that they belong.

We aspire to welcome new members and find a place for difference.

We inspire everyone to move together.