



CONSTITUTION OF GET FIT

Ratified by SSMU Council on: October 9, 2014

1 Article I: Name

1.1 Get Fit, also referred to hereinafter as the Club.

2 Article II: Mandate

2.1 The Club's mandate shall be to

- Raise awareness on campus about healthy living through exercise and nutrition
- Provide opportunities for people to be active and healthy
- Facilitate communication and learning about athletics and diet between those willing to teach and those eager to learn.
- Create a forum for discussion about new exercise and nutrition tips/information

2.2 Code of Conduct

2.2.1 The Club shall carry forth its mandate from an anti-oppressive and equitable standpoint AND equal respect shall be given to all members, including those of disadvantaged backgrounds, regardless of but not limited to gender, age, race, ethnic or national origin, religion, sexuality or sexual orientation, mental or physical abilities, language, or social class.

2.2.1.1 No member shall make personal profit from the club

2.2.2 Any executive member who fails to fulfill their responsibilities shall be subject to the expulsion procedure outlined in this constitution

2.3 Student Group Civility

2.3.1 The club will maintain cordial and respectful relations with all other clubs, services and independent student groups

2.3.2 The club will not use SSMU resources and/or their club status to prevent other clubs, services or independent student groups from fulfilling their mandate, including but not limited to their acquisition of resources and pursuit of activities.

2.3.3 If problems arise between groups, a member of the executive committee and/or collective of the club shall be responsible for contacting the SSMU Vice President of Clubs and Services and attempt to remedy the problem in a collegial fashion.

2.4 Environment

2.4.1 The club shall make attempts to regularly monitor the environmental impact of all its events and operations

2.4.1.1 Clubs must attempt to utilize the services and resources available at SSMU in order to maximize capacities for equitable decision-making and environmental stewardship. These include but are not limited to the use of the plate club, green events guide, applications for the SSMU Green fund, assistance of the SSMU environment commissioners, environment committee and green events coordinators



- 2.4.2 The club must attempt to find sustainable alternatives to the non-recyclable #6 plastic, effective waste management, providing vegan and vegetarian options, purchasing clothing which is ethically sourced and environmentally-friendly, purchasing local and sustainable alcohol, fair trade coffee and tea, and local and/or organic foods.

3 Article III: Membership

- 3.1 Membership for a club under the Students' Society of McGill University is open to all SSMU and PGSS members, including those of disadvantaged backgrounds, regardless of but not limited to gender, age, race, ethnic or national origin, religion, sexuality or sexual orientation, mental or physical abilities, language, or social class.
- 3.2 Only Students' Society of McGill University (SSMU) and Post Graduate Students' Society (PGSS) members are eligible to be elected as officers and to hold voting privileges.
- 3.3 Associated non-voting membership is open to all others.

4 Article IV: Executive Committee

- 4.1 The Executive Committee (EC) shall administer the Club and oversee its events.
- 4.2 The EC is composed of the following six portfolios:
1. President
 2. Vice President Finance
 3. Vice President Events
 4. Vice President Internal
 5. Vice President External
 6. Vice President Operations
- 4.3 The EC shall meet one every two weeks or as frequently as it deems fit.
- 4.4 At least four of the six EC members must be present at an EC meeting in order for quorum to be met and for the meeting to proceed.
- 4.5 Each week one member of the EC will be responsible for doing a presentation for the rest of the EC. The subject of the presentation is related to either fitness or nutrition. All information from that presentation will be recorded and sent via email to all members of the club.

5 Article V: Portfolios

- 5.1 The President shall:
- 5.1.1 Be the chief representative and chief spokesperson of the Club.
 - 5.1.2 Interview all potential executives for their position as "tutors"
 - 5.1.3 Oversee all aspects of the club by facilitating all executive committee members
- 5.2. The Vice President Finance shall:
- 5.2.1 Be response for the finances of the club
 - 5.2.2 Keep financial records and prepare an audit, complete with records of all transactions and receipts
- 5.3 The Vice President Events shall:
- 5.3.1 Generate publicity for the club and inform students of the club's mandate
 - 5.3.2 Organize club events such as publicity stands and Activities Night



- 5.3.3 Be responsible for the image of the Club
- 5.3.4 Convene the membership list of the club and be responsible for sending an updated list to VP Operations

- 5.4 The Vice President Internal shall:
 - 5.4.1 Communicate all of the club's ideas within the EC
 - 5.4.2 Determine location for Executive Council Meetings

- 5.5 The Vice President External shall:
 - 5.5.1 Be the main connection between SSMU and the Club.

- 5.6 The Vice President Operations shall:
 - 5.6.1 Take minutes at Executive Council meetings and ensure proper distribution to all members of the club via email
 - 5.6.2 Organize the executive council meeting times
 - 5.6.3 Accountable for setting up all tutoring sessions with an appropriate tutor
 - 5.6.4 Responsible for maintenance of the web space and web mailbox

- 6 Article VI: Fees**
 - 6.1 The club shall have no membership fee.

- 7 Article VII: Finances**
 - 7.1 The Executive Committee or Collective shall examine the financial records, and prepare an audit, complete with records of all transactions and receipts, to be submitted to the SSMU at the end of each semester.
 - 7.2 All club bank accounts must be kept at Scotiabank as subsections of the SSMU account
 - 7.2.1 Each account must have a minimum of two and maximum of three signing officers
 - 7.2.2 In order to receive funding of any kind from the SSMU, the club must have a Scotiabank account

- 8 Article VIII: Meetings**
 - 8.1 There shall be a General Meeting held in March for the purpose of electing new members to the EC.
 - 8.2 Regular Executive and General meetings shall be held throughout the fall and winter terms.
 - 8.3 Special Meetings shall be called at any time deemed necessary by the EC.

- 9 Article IX: Electoral Procedures**
 - 9.1 The Vice-President (Clubs & Services) of SSMU or his/her representative shall be the Chief Electoral Officer (CEO) with final authority over electoral procedures and validity of results.
 - 9.2 The general membership must be notified of the date of the general meeting 2 weeks in advance to the date of the General Meeting called for elections purposes.
 - 9.3 Elections are to be held before March 31 during the previously mentioned General Meeting.
 - 9.4 The Executive Committee may designate Deputy Electoral Officers (DEOs) to assist the running of elections in consultation with the CEO.



- 9.5 Elections are to be conducted by secret ballot in person.
- 9.6 Ballots must be kept in a secure place for 5 weeks after the date of voting.
- 9.7 The Vice-President (Clubs and Services) should be notified immediately in the event of contested electoral results

10 Article X: Affiliations

- 10.1 The Club shall have no affiliations.

11 Article XI: Constitutional Amendment Procedure

- 11.1 Any member of the club may propose an amendment to the Constitution.
- 11.2 In order to amend the constitution a two-thirds majority vote at a General Meeting must be in favor of the proposed amendment
- 11.3 All amendments shall be submitted to the Interest Group Coordinator, will be reviewed by the Interest Group Committee and ratified by the SSMU council before they take effect.

12 Article XII: Bylaws and Policies

- 12.1.1 The club shall create and maintain bylaws that cover the operations of the club which are not specified in the Constitution.
- 12.2 The club's bylaws shall not contravene the Constitution.
- 12.2.1 The club by laws must be available to any member of the SSMU when and if requested.

13 Article XIII: SSMU Constitution, By-Laws and Policies

- 13.1 In case of any inconsistencies between the Club Constitution and the SSMU Constitution and By-Laws, the SSMU Constitution By-Laws and Policies shall take effect.
- 13.2 If there are any areas not covered in this Constitution, the SSMU Constitution, By-Laws and Policies shall take effect.