

YOUTH FITNESS ORIENTATION CONSENT FORM

Youth under the age of 13 are not permitted in the gym. Upon completion of this form, youth will be required to show their membership card upon entry to facility at each visit.

Youth orientations are limited to 4 per session and can be booked at reception, by phone, or online. Cost is the youth drop-in fee and upon completion participants are registered and receive a free facility pass.

A signed Consent Form by a legal parent/guardian is required prior to participating in the Orientation.

Acknowledgement of Understanding and Consent

Youth between the ages of 13-15 years old must complete this orientation form and have an active user profile (including a picture) to use the fitness centre. It is not recommended that teenagers work to 100% muscle failure for safety reasons. We recommend endurance training (12 - 15 reps) with the correct form. By signing this form, you confirm that you have read, understood, and received a copy of all the information provided on this form. As the designated parent/ guardian of the youth named below, I hereby consent to have the youth named below participate in a fitness centre orientation and confirm that should the youth named below not abide by all the conditions outlined, privileges can be suspended without refund.

Name of Youth (Please Print)	Date of Birth	Youth Signature	Contact Number
Name of Parent/Guardian (Please Print)	Parent/Guardian Signature	Date	Contact Number

WHAT TO WEAR:

Please come prepared to try the equipment. Indoor-only athletic shoes and proper gym attire, no jeans, and shirts must be worn. Comfortable clothing that allows you to move freely is recommended.

WHAT TO EXPECT:

The orientation will provide you with essential information to help you get started on an exercise program—basic equipment use on weight training to prevent injury to yourself or the equipment. Once the Instructor has demonstrated the appropriate use of equipment in the facility, you may have the opportunity to try it for yourself. The instructor will provide, if time permits requests for a demonstration on specific pieces of equipment. At the end of the orientation, the instructor will return with you to reception to complete the process.

Staff Information

Date Orientation Completed	Staff Signature

Etiquette & Guidelines:

Anyone under the age of 13 is not permitted in the gym, regardless of whether they are with an adult. Youths aged 13-15 are permitted to use the gym once they have completed a Youth Fitness Orientation.

This is a safe and welcoming space for all, please be respectful and courteous towards other members by ensuring you observe the following:

Etiquette

- This is a scent-free zone!
- Food should be consumed outside the gym; water is permitted in non-glass containers.
- Wipe down all equipment after use with the spray and towels provided.
- Put away equipment after use.
- Please refrain from using profanity and coarse language.

Attire

- Proper athletic clean closed-toe shoes only.
- Athletic workout clothes must be worn. Casual clothing is not allowed, **No** jeans or clothing with rivets, zippers, or buckles.
- Bare feet are not allowed.

Cell phone use

- Headphones are required for personal listening.
- Refrain from using your cell phone for texting and talking while resting between sets, and take phone calls out of the Weight Room.
- The use of image recording devices is not permitted, this includes videos & and photos.

Free Weights & Equipment Use Guidelines

- Safe proper use of equipment and space is always required.
- replace all equipment after use, weight plates are not to be leaned against equipment, walls, or machines. Re-rack weights. Do not drop dumbbells and weight plates, please avoid banging the weight stacks together.
- Use collars and clips on bars, and spotters.

Fitness Class Guidelines

- Safe proper use of space is always required.
- please arrive on time for classes
- Please leave all bags in cubbies and not in the class area. Lockers are available on the main floor.
- use of personal towels is encouraged.

Code of Conduct for All Persons

- I am responsible for and will control my actions at all times or I will leave the facility.
- I will treat all others and this facility with respect.
- I will interact in this facility safely and courteously. Failure to comply with this code of conduct may result in your immediate expulsion from this facility and/or limitations on your ability to enjoy its use.