

MINORS IN THE GYM POLICY



GOODLIFE

SUMMARY

This policy outlines the permitted membership, access, equipment usage and program participation provisions for under-age members or minors.

DEFINITIONS

Legal Guardian: The person legally recognised as the primary caretaker of the minor.

Minor: A member, casual visitor or guest under the age of 18.

Team Member: A person who is employed by Goodlife Community Centre under a Contract of Employment.

WHAT IS THE POLICY?

The policies below are to be always followed when allowing an under 18 (minor) person access to the gym / class facilities:

- Membership is permitted only with the consent and signature of the minor's parent/legal guardian on membership contracts, pre-exercise questionnaires, and waivers.
- If a minor wishes to redeem a free trial pass, casual visit, friend pass or the like, a pre-exercise questionnaire and waiver must be completed and signed by the minor's parent/legal guardian before entry to the gym will be granted. Access and usage conditions are as set out in this policy.
- A face-to-face induction with a qualified trainer must be undertaken before weight training equipment may be utilised. Cardio machines and body weight exercises are permitted, where a face-to-face induction is not immediately available.
- Pool usage and other recreational facilities will be governed by the centre specific policy available on site. (pool rules, squash policy etc)

MINOR USAGE & ACCESS REQUIREMENTS

13 YEARS

Gym Access only under direct supervision by an exercise professional

Cardio If prescribed by a medical or exercise professional and under their direct supervision

Weights If prescribed by a medical or exercise professional and under their direct supervision

14 YEARS

Gym Access when directly accompanied by a legal guardian or exercise professional

Cardio Yes, no supervision required

Weights Yes, under the direct supervision of an exercise professional

Group Fitness Yes, excluding any weight bearing classes (suitable classes are noted on group fitness timetable)

15 YEARS

Gym Access Yes, no supervision required

Cardio Yes, no supervision required

Weights Yes, when following a prescribed program from a qualified professional

Group Fitness Yes, excluding any weight bearing classes (suitable classes are noted on group fitness timetable)

16 YEARS & OVER

Gym Access Yes, no supervision required

Cardio Yes, no supervision required

Weights Yes, no supervision required

Group Fitness Yes, no supervision required