**Youth Access Guidelines**

**Overview**

In order to create consistency at the Horsham Aquatic Centre, guidelines have been created to clearly outline youth access and restrictions for Health and Wellness Memberships. These guidelines have been created with consideration of current exercise recommendations from Fitness Australia, The Fitness Network and the YMCA’s Safeguarding Children Policy.

These guidelines outline the minimum age for Health and Wellness memberships, as well as Group Fitness participation, Personal Training and Casual access to our facilities, programs and services.

**Membership Age**

**The minimum age** for Health and Wellness memberships at Horsham Aquatic Centre is 12 years of age. This complies with the guidelines set by the “Kids in Gym” policy created by the Fitness Network and is supported by Fitness Australia. To ensure that safe exercise practices and controls are in place and to prevent injury to developing teenager’s joints and muscles, all members under 18 years of age must complete a Health Planning Session and have a program set by a qualified Health Club Trainer. A parent/guardian must be present at this initial Health Planning Session.

**Parental/ Guardian consent** To ensure that we are compliant with the YMCA’s Safeguarding Children Policy and with the Capacity to Contract when dealing with minors legislation, all new members under 18 years of age must have their membership agreement signed by a parent or guardian. The general rule at common law is that a contract made by a minor (a person under the age of 18) is voidable. Both the common law and statue operate to restrict the capacity of minors to contract and therefore a parent/guardian must complete on their behalf. All members under 18 years of age must also have a parent/ guardian present for their initial Health Planning Session and the parent/ guardian must sign the pre-exercise screening questionnaire on behalf of the adolescent.

**Controls**

All members aged 12 -17 years of age must be issued with an RFID wrist band at reception upon sign up. This will alert Group fitness staff and Health Club staff that they have a young person participating and may require additional assistance/supervision at each visit.

**Participation Restrictions (Members)**

**Group Fitness** Membership holders under the age of 16 are entitled to access all Group Fitness sessions with the exception of: Body PUMP, Adrenaline, Circuit and Boxing as these sessions are considered to be weight bearing.

**Health Club** Membership holders under the age of 18 must have a parent / guardian present at their initial health planning session and are then able to access the gym facilities without a parent / guardian present to complete their exercise program.

**Personal Training** The minimum age for Personal Training is 12 years of age (our minimum membership age) and the Personal Trainer must run sessions in the health club, not in private or closed off spaces to comply with the YMCA’s Safeguarding Children Policy. Any adolescent under 18 years of age must have parental/ guardian consent to enter into a Personal Training agreement.

**Casual Attendance**

**Casual attendance to the Health Club is restricted to 18 years and older** as supervision is not guaranteed on the gym floor and no health planning session is available for casual users. Even if their parent or guardian states they will supervise their child whilst using the health club casually, this is not a compliant level of supervision and the minor would still fall under our duty of care.

**Casual attendance to Group Fitness sessions is restricted to 16 years and older** as these are structured and supervised sessions led by qualified instructors, and a certain level of supervision is guaranteed. They are not entering into a contractual membership agreement so parental or guardian consent is not required. All casual users must sign the Guest Register and Pre-exercise screening questionnaire at reception.

*Supporting Documentation*

* Kids in Gyms Guidelines, Fitness Network
* Children’s Fitness Guidelines 2017 – Fitness Australia

Date: Monday 3 June 2019