

Underage Access to the Gym updated: July 30, 2010

These are the rules regarding access to the fitness centre, gymnasium and field for patrons under the age of 19. **All patrons under the age of 19 must have their waivers witnessed by a parent/guardian.**

Ages:

- **16-18:** Must have a waiver signed by a parent/guardian, then they are permitted full access to the fitness centre, gymnasium & soccer field.
- **14-15:** A Strength & Conditioning coach will conduct a tour of the facility emphasizing policies, procedures and weight room etiquette; if a trainer is unavailable PISE conducts orientations every second Sunday of the month. The trainer must approve the youth upon completion of the tour and inform the CSS. The youth must also have a 'Waiver' & ['Youth Code of Conduct Waiver Form'](#)* signed by a parent/guardian before permitted to train independently. If approved please make a note in Mindbody on the 'Profile' page under 'Notes' ex: July 27, 2010 Andy Smith approved to train on his own as per 'trainer's name'. Also scan and upload the Waiver & Youth Code of Conduct Form to their profile under the 'documents' tab.
- **12-13:** A Strength & Conditioning coach will conduct a tour of the facility emphasizing policies, procedures and weight room etiquette; if a trainer is unavailable PISE conducts orientations every second Sunday of the month. The trainer must approve the youth upon completion of the tour and inform the CSS. The youth must also have a 'Waiver' & 'Youth Code of Conduct Waiver Form'* signed by a parent/guardian before permitted access to the facility. CSS please make a note in Mindbody on the 'Profile' page under 'Notes' ex: July 27, 2010 Marc Brown approved to use the *Fitness Centre when accompanied by an adult [21+]* as per 'trainer's name'. When using the Fitness Centre youth must be accompanied by an adult at all time, accompanying adult must be a minimum 21 years of age. Youth in this age category can use the gymnasium or soccer field without adult supervision or a facility tour. **For this age category only a fee of \$1.90 + HST will be charged for gymnasium or soccer field access on a drop-in basis only. For access to the Fitness Centre please charge youth as 'Other Student'.** In Mindbody go to the retail screen select 'Services', On the first drop down menu select 'Daily/Flex Passes' on the second drop down menu select 'Under Age Children- Daily'.

If a special circumstance arises please see Matt Fisher.