THE CENTRE

ROLLA'S HEALTH & RECREATION COMPLEX

Youth Fitness Policy

Youth are able to take the Youth Fitness Orientation once they have reached the age of 12. Parent/Guardians are required to be in the Youth Fitness Orientation (YFO) with their child.

No one under the age of 18 is allowed in the fitness area unless:

a. They have completed the Youth Fitness Orientation course. (They must sign in at the front desk and wear the provided YFO tag during their workout).

b. Youth under the age of 12 are allowed on the walking track if their parent or guardian is also present on the track. The youth must follow all signage and etiquette, being mindful of other members, and be walking or running on the track.

c. Youth under the age of 12 are not allowed on the fitness floor.

NO ONE under the age of 18 is allowed use of the squat rack unless working with one of our Personal Trainers.

Age categories of Youth Fitness Orientation:

- 12 and 13 years old: must be accompanied and supervised by a parent/guardian and be within an arm's reach of their parent while on the Fitness Floor. Must wear red YFO tag.
- 14 and 15 years old: must be accompanied by a parent/guardian and the parent/guardian is on the Fitness Floor. Must wear yellow YFO tag.
- 16 and 17 years old: able to use the Fitness Floor unaccompanied by parent/guardian. Must wear green YFO tag.

Centre Management reserves the right to rescind any or all of these privileges at any time and may remove any persons who violate these policies.

Josh Stephens Interim Fitness Manager