

## Teen Gym Access Policy – Portland Leisure and Aquatic Centre

### 1. Introduction

Portland Leisure and Aquatic Centre (PLACE) is committed to providing a safe and supportive environment for all gym users, including teenagers. This policy outlines the rules and regulations regarding teen access to the gym, ensuring safety, compliance with insurance terms, and adherence to centre policies.

### 2. General Safety & Insurance Compliance

- No one is excluded from gym access based on age. However, PLACE is responsible for implementing and enforcing all necessary safety measures to prevent incidents.
- All gym users must adhere to the rules and policies set by PLACE. For example, if the centre requires a minimum age of 12 to enter the gym, an 11-year-old should not be granted access. Any breaches may impact insurance coverage.
- Sportscover, our insurer, recommends that gym access for under-18s is permitted only during staffed hours or under direct supervision from a parent or guardian over the age of 18.

### 3. Age-Based Access Restrictions

- **Participants aged 13-16:** May use the gym during staffed hours and must complete a mandatory BEGIN session with a Health Club instructor. There are no restrictions on machines that can be used, however free weights need to be kept to an appropriate weight – instructors reserve the right to step in if they feel the exercise is too dangerous.
- **Participants aged 12 and under:** May access the gym only for designated kids' fitness classes. If accessing the gym outside of these sessions for any reason, they must be directly supervised by a parent or guardian and are restricted to bodyweight exercises, and cardio machines only—no weight bearing machines or free weights of any kind.

### 4. Membership Requirements & Inductions

- Every teen signing up for a gym membership must be accompanied by a parent or guardian at the time of registration.
- All teens must complete a mandatory BEGIN session with a qualified Health Club Instructor before using the gym. The parent or guardian is required to attend this session as an information session to understand the limitations. This session includes:
  - An induction on gym equipment usage (as per age-based restrictions)
  - An explanation of gym rules and conduct expectations

- A personalized workout plan
- The BEGIN session must be booked at the time of membership purchase.
- Follow-up BEGIN sessions are available for any member, however the parent or guardian is only required to attend one session with the teen.

## 5. Supervision & Attendance Rules

- **Monday – Friday (Staffed Hours):** Teens may access the gym independently.
- **Weekends & Public Holidays (Unstaffed Hours):** A parent or guardian must accompany the teen at all times.
- Teens found in the gym outside of permitted hours or without proper supervision will be asked to leave and memberships may be revoked.

## 6. Teens Without Memberships

- Teens who do not hold a gym membership may only access the gym on a casual visit basis, paying upfront.
- Casual visits must be paid for at reception before entry, where a client profile will also be created with emergency contact information for the teen.
- A parent or guardian must provide consent prior to their first visit. Consent forms can be found at reception, where they must be signed, scanned and entered into the documents section of Active World.
- All casual teen visitor along with their parent or guardian, must complete a BEGIN session prior to attending casually. This will be logged in Active World as proof of attendance.
- The same age-based restrictions on equipment use apply to casual visitors.
- PLACE staff reserve the right to refuse entry to any teen who does not comply with the centre's rules and policies.

## 7. Behaviour & Conduct

- All teens must respect staff, equipment, and other patrons at all times.
- Any breach of gym rules, including inappropriate behaviour or non-compliance with staff instructions, may result in immediate membership cancellation.
- Membership cancellation decisions are final, and no refunds will be provided.

## 8. Centre Rules

To ensure a safe and enjoyable environment for all patrons, the Centre rules outlined at the front entry to the facility, apply to all patrons at PLACE. Those relevant to the gym space, include:

- Offensive language or behaviour is not permitted.
- Follow all staff instructions at all times.
- The following are strictly prohibited:
  - Smoking
  - Glass containers
  - Alcohol
  - Drugs
  - Photography or video recording without prior management consent.
- Patrons acknowledge they are responsible for their own safety and belongings while on the premises.
- In case of emergency, all patrons must follow staff instructions.

#### **9. Additional Safety Guidelines**

- Proper gym attire, including enclosed shoes, must be worn at all times.
- No sharing of access cards or attempting to allow entry for non-members.
- Any injuries or safety concerns must be reported to staff immediately.
- Parents/guardians are responsible for ensuring their teen understands and follows all rules.

#### **10. Policy Review & Amendments**

This policy will be reviewed periodically to ensure continued alignment with industry standards, safety regulations, and insurance requirements. Any updates will be communicated to members accordingly.

By signing up for a gym membership at PLACE, both the teen and their parent/guardian agree to abide by this policy in full.