

Youth Fitness Orientation Policy

Effective September 2015

NOTICE: We have updated our policies regarding youth ages 12 & 13 in the upstairs cardio/weight/track areas.

FITNESS AREA GUIDELINES – PROPOSED NEW POLICY – STARTING SEPTEMBER 2015

1. Our fitness areas are not staffed by RWC personnel, but are monitored by security cameras. Equipment in the fitness area is designed for adult use and may not be safe for children to use.
2. Members and guests need to review the posted “Fitness Area Etiquette” information located in the upstairs Cardio Area before using the area.
3. Exercise/lift at your own risk. A physician’s clearance for exercising is strongly recommended. Please feel free to ask questions on how to properly operate equipment. We want you to feel comfortable using the facility and equipment.
4. Adult orientations are offered to our members free of charge by the Fitness Coordinator. Group youth orientations are free. Individual youth orientations are subject to a fee.
5. When participating in fitness classes, you will be subject to a class fee. Member and non-member fees are different, and fees are subject to change. Fees will correlate with the type of class; equipment used; and class frequency.
6. Scheduled classes have priority over general use. Members and guests should check schedules, inquire at the front desk, or check posted information in the Cardio Area to avoid conflicts.
7. The upstairs cardio, weight, and track areas were designed and intended for adult fitness workouts. With this in mind, we do allow youth to utilize the area for as long as the following policies are followed.
 - Children ages 12 to 17 can be upstairs for specific health/fitness activities only. Children using the area must be able to follow the safety guidelines and behavior rules. Absolutely no horseplay or misuse of the equipment will be tolerated. Once your fitness activity is completed, children ages 12-17 need to return to downstairs areas. For safety reasons, no loitering is allowed. If the aerobics room is not available, please stretch downstairs in the gym – not in the fitness, weight, or on the track.
 - A maximum of two children between the age of 12 and 15 may be upstairs at any one time. To gain permission to use the upstairs, children must check in at the front desk and present their Orientation Badge. (No Badge = not allowed upstairs) . A time limit of 30 minutes will be enforced, but if no one is waiting, you may check out for an additional 30 minutes.

Youth Fitness Orientation Class

- In order to make sure your child has a safe, healthy experience in our (upstairs) fitness area, we offer a special YOUTH Fitness Orientation class designed specifically to meet the needs of children ages 12-17. Any member under the age of 18 must have a consent form on file signed by a parent or legal guardian. After attending and passing the YOUTH Fitness Orientation class and returning a completed consent form, children will receive a colored wristband/badge with their name on it allowing them use of the upstairs fitness area. If children are not wearing/have in their possession their wristband/badge, they will not be able to access the upstairs fitness area.

- YOUTH Fitness Orientation class will be scheduled monthly. Preregistration is required to take the class. If you are unable to attend the class or would like to meet individually with the RWC Fitness Coordinator or Director for your YOUTH Fitness Orientation class, you may do so at a cost of \$25.00. An appointment must be scheduled in advance for an individual Orientation/Class.
 - This YOUTH Fitness Orientation class will include: weight room safety, etiquette & weight room rules, safe lifting techniques, proper set-up and use of machines and cardio equipment and track usage policies. Each class lasts between 1-2 hours.
 - Once a YOUTH Fitness Orientation class has been attended and passed; children ages 12 & 13 may use the upstairs area under the supervision of an adult at any time as long as there are no more than 2 children under the age of 15 upstairs at any one time. Supervision of the child and safety of the child/other exercises must be a priority at all times. Children ages 12 & 13 and their parent must check in at the front desk prior to going upstairs.
 - 12 & 13 year olds may use the fitness center with parent supervision anytime.
 - Times available without parental supervision are: During the school year from 3:30 to 4:30 PM on M/T/R/F; Wednesdays from 2-4:30pm and Saturday afternoons from 1-4pm. During the summer, weekdays from 10am – 2pm.
- All children ages 12 to 17 must immediately return downstairs following their fitness activity.
- Parent/guardian supervision: parents/guardians must be in the upstairs area and be responsible for the safety, behavior, and actions of their children.
- Children under the age of 12 are only allowed to use the track with parent supervision. Infants that are confined to a car seat or stroller are welcome on the track. (Exceptions may be granted by the RWC director or their designee for track usage only).
- Those age 16 and 17 are allowed upstairs for an unlimited amount of time provided they are involved in fitness activities but must have passed the orientation/class before being allowed upstairs.
- Non-members (youth day pass) age 17 and younger are **not** allowed the use of the upstairs (exceptions may be granted by the RWC Director).
- Disciplinary actions will be taken against those not following the guidelines. Upstairs fitness area policies must be obeyed. If there are discipline problems with youth, one verbal warning is given for minor infraction. If there is a second occurrence or a major infraction, child will lose their privileges to be upstairs in the fitness area. Any damages caused by horseplay/not following the rules will be reimbursed to the RWC.
- No orientation/class is required if a child is under the age of 18 and is participating in a personal training session where he or she is receiving direct, individualized supervision from an authorized RWC personal trainer.
- The RWC Staff reserves the right to deny or limit the number of children upstairs at any one time due to heavy adult usage. Please plan ahead and call the RWC front desk if you are wondering about the availability of the upstairs area for children.