

A signed consent by a legal parent/guardian is required to participate in the youth fitness orientation.

Acknowledgement of Understanding and Consent

Youth between the ages of 11-12 years must be accompanied by an adult within arm's reach at all times. Youth between the ages of 13-17 years old must complete an orientation to use the fitness area. By signing this form, you confirm that you have read, understood, and received a copy of all the fitness user guidelines. I, as the designated parent/guardian of the youth named below, hereby give consent to participate in a fitness orientation and confirm that should the youth named below not abide by all the conditions outlined, privileges can be suspended.

Youth Name: <i>Please Print</i>	Date Of Birth:	Youth Signature: X
Parent/Legal Guardian Name: <i>Please Print</i>	Relationship To Youth:	Parent Phone Number
Parent/Legal Guardian Signature: <i>Sign your name (below) to provide consent for Youth's participation.</i> X		Date:
Staff Signature: <i>Sign your name (below) to verify parental/ legal guardian signature.</i> X		Date:

We are pleased that you have decided to join us for a Youth Fitness Orientation. The orientation will provide participants with essential information to help them get started with basic equipment use and tips on weight training to prevent injury or damage to the equipment. Please review the following fitness area guidelines prior to your orientation.

WHAT TO EXPECT:

- Trained Fitness staff will guide the participants through the safe use of equipment and spaces.
- Orientations are done in group formats to accommodate the level of demand for this extra value service.
- Advanced registration is required to participate in a youth orientation.
- Please arrive 10 minutes before the orientation. Late arrivals may not be accommodated.

WHAT TO WEAR:

- Please ensure you're prepared to try the equipment. Wear indoor-only closed toe and heel athletic shoes and appropriate gym attire. Choose comfortable clothing that facilitates unrestricted movement. Jeans or clothes with grommets/buckles are not permitted.

INTERNAL STAFF INFORMATION ONLY

Facility	Age Group	Shoe Tag	Orientation Date
<input type="checkbox"/> Collicutt Centre <input type="checkbox"/> G.H. Dawe Centre <input type="checkbox"/> Power Lifting Zone – Dawe <input type="checkbox"/> Recreation Centre* <input type="checkbox"/> Other	<input type="checkbox"/> 11-12yrs (parented) <input type="checkbox"/> 13-17yrs <input type="checkbox"/> 16-17yrs	<input type="checkbox"/> CC Yellow • <input type="checkbox"/> CC Blue • <input type="checkbox"/> DC Purple • <input type="checkbox"/> DC Red • <input type="checkbox"/> DC Orange • <input type="checkbox"/> RC Green •	<div style="border-bottom: 1px solid black; padding-bottom: 5px;"> ___DD/___MM/___YYYY </div> <div style="background-color: #cccccc; padding: 5px; border-bottom: 1px solid black;">Staff Notes</div>

FITNESS AREA GUIDELINES:

- Individuals are encouraged to complete a fitness area orientation to familiarize themselves with the area and equipment.
- All participants must wear a wristband.
- Fitness studio participants must provide the instructor with a drop-in class card at the start of class.
- The City of Red Deer is not responsible for lost or stolen belongings. Leave valuables at home.
- Please place personal belongings in a locker before using the fitness area, studios and track. Locker tokens are available for purchase.
- Water or sports drinks in a sealed plastic container are permitted. Water filling stations are available.
- After use, wipe down equipment and clean up your area; return equipment, unload bars, pick up dumbbells, return benches.
- Please do not drop free weights or weight stacks.
- Always use collars on bars.
- A spotter is strongly recommended when using free weights or powerlifting zone.
- If you are unfamiliar with the use of equipment; please ask a Staff person for help.
- Hand chalk is not permitted.
- Sign-up boards are used at the Collicutt Centre for use of cardio equipment.
- Headphones are required for personal listening.
- Personal Training/Coaching is prohibited. Instruction on City owned equipment can only be provided by City of Red Deer Fitness Staff only.
- Classes and instructors are subject to change without notice.

YOUTH GUIDELINES:

- Youth aged 13-17 are required to complete a youth orientation prior to use of the fitness area. Parental/guardian approval is required.
- Youth aged 16+ are required to complete a separate orientation to use the powerlifting zone at the G.H. Dawe Community Centre.
- Youth aged 13-17 must have appropriate shoe tags visible while using the fitness area and power lifting zone.
- Children aged 11-12 years must always work out directly with a parent within arm's reach (on the same machine or one beside them). Children aged 10 and under are not permitted in the fitness area.

WALKING/RUNNING TRACK

- Please look both ways before entering or crossing the track.
- Please always follow directional signage. Track direction changes daily.
- The blue lane is designated for walking. Please pass other patrons on the inside.
- Children 12 and under must be within arm's reach of a parent/guardian.

ETIQUETTE:

- People are expected to show respect for others, the facility and the equipment. Foul language, fighting or abusive behaviour will not be tolerated.
- As a courtesy to other individuals, please limit your cardio workouts to 30 minutes during peak times.
- Be considerate of all other users and give equal opportunity to access equipment between sets.
- Please arrive on time for registered and drop-in programs. No late entry will be permitted.
- People may be sensitive to scents, please be considerate.