

YOUTH SMART START FITNESS ORIENTATION

CONSENT FORM

**No orientation will be provided without this consent form signed
by parent/guardian.**

Youth between the ages 13-17 years old must complete an orientation and be registered in the computer (including a picture) to use the fitness centre. At each visit, youth will scan their pass or provide their phone number. The computer system will alert the staff that the orientation has been completed and access will be granted.

- Indoor athletic shoes and comfortable clothing that allows you to move freely must be worn for the orientation. Anyone not wearing appropriate footwear will not be permitted to participate in the orientation.
- Late arrivals cannot be accommodated. Late arriving participants will be required to re-book for another available scheduled time.

The orientation will include an understanding of:

- Gym etiquette
- Sanitizing equipment
- Appropriate apparel including gym shoes
- Demonstration on the proper use of weight equipment

Please see the reverse side for a detailed description of privileges and guidelines.

ACKNOWLEDGEMENT OF UNDERSTANDING AND CONSENT

By signing this form, you confirm that you have read, understood and received a copy of all the information on the back of this form. I, as the designated parent/guardian of the youth named below, hereby give consent to participate in a fitness centre orientation and confirm that should the dependant named below not abide by all the conditions outlined, privileges can be suspended without refund.

			H:
			C:
<i>Name of Youth (Please Print)</i>	<i>Date of Birth</i>	<i>Name of Parent/Guardian(Please Print)</i>	<i>Contact Number</i>
<i>Youth Signature</i>	<i>Date</i>	<i>Parent/Guardian Signature</i>	<i>Date</i>

Need to cancel? Please contact the centre where the orientation is occurring:

Allandale Recreation Centre: 705-728-5141 – press “0”
 East Bayfield Community Centre 705-739-4225 – press “0”
 Holly Community Centre 705-792-7925 – press “0”

STAFF INFORMATION

<i>DATE OF ORIENTATION</i>	<i>COMPLETED (Y/N)</i>	<i>STAFF</i>

ADULT FITNESS SMART START PROGRAM AND YOUTH SMART START FITNESS ORIENTATION

General Guidelines for Fitness Centre Use (Adult & Youth)

Should you require assistance with any equipment our fitness staff would be happy to help you.

1. Have your picture taken at the Welcome Desk (if not done yet) before your first visit.
2. Membership card must be swiped or a single visit fee paid at the Welcome Desk. Youths will then receive a wrist band or stamp on the hand visible to the Fitness Staff. If Youths are not wearing a wrist band or stamp they may be asked to leave the fitness centre.
3. No coats, backpacks, cell phones, or gym bags will be allowed in the Fitness Centre. Day lockers can be used with your own lock. The City Of Barrie is not responsible for lost or stolen belongings.
4. Water only allowed in the Fitness Centre.
5. Clean, indoor athletic shoes and proper gym attire including shirts must be worn.
6. You must sign up for cardio equipment (i.e. treadmills, cross-trainers,) to a maximum of 2 time slots per visit including warm up and cool down. Time goes by the clock on the wall not by the cardio program display. Please be respectful of those waiting and finish at the designated time.
7. Be respectful of all equipment and fitness areas. Do not drop weights. Return equipment and magazines to their original places and wipe down equipment after use with a disinfectant towel. Please dispose of the cloths in appropriate waste receptacles.
8. Be respectful of other patrons using the area. Do not rest on the equipment between sets. Avoid shouting and use of profane language. Inappropriate behavior will not be tolerated.

Tips for Weight Training (Adult & Youth)

1. Warm up at least 5 minutes prior to weight training (treadmill, bike, etc.) Always stretch at the end of each workout session.
2. Do each exercise in a slow and controlled manner. Pause for 1 or 2 seconds at the beginning and end of each repetition. Exhale on the most difficult part of the exercise. Do not let the weight stack touch down between repetitions. Keep elbows and knees soft and wrists straight. Do not squeeze the weights in your hands, as this will cause the blood pressure to elevate.
3. Do not work the same muscle group two days in a row. Allow 1 day between workouts to recover. You may work different muscle groups 2 days in a row i.e. Upper body one day and lower body the next day. Cardiovascular training may be done every day.
4. To achieve endurance, use lighter weights and do 10 – 15 repetitions. For strength, use heavier weights and do 6 – 8 repetitions.
5. Once you are comfortable, confident and you are performing the exercises correctly, gradually start to increase the weight or the number of sets you perform. The final two repetitions should feel challenging, but you should be able to use good form.

CHECK WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAMME.

This is especially important if you have a health concern or are taking medication.