

## **TR Sports- Teen Gym Policy**

Within this policy it gives you information on what to follow and details you must complete for anyone of the age 12- 15 years old.

All members must follow the <https://www.trc.ac.uk/wp-content/uploads/sites/3/2023/08/TR-Sports-Gym-Membership-Rules-and-Regulations-23-24.pdf> and <https://www.trc.ac.uk/wp-content/uploads/sites/3/2023/08/TR-Sports-Gym-Membership-terms-and-conditions-23-24.pdf> at all times. Additionally, any teen gym member, parent or guardian must be aware of this policy.

Signing up your adolescent:

1. Any teen gym member wanting to join the gym must be 12- 15 years old to be eligible to join the gym.
2. Staff must see ID of the teen member and ID of the parent or Guardian signing them up. Without this we will not be allowed to sign you up.
3. All documents are paper based, there are no online forms for teen gym sign ups. We keep a hard copy and some data in our cloud.
4. All teen memberships are monthly only, this will be £10 per month, as stated in the terms and conditions memberships are for 30 days and you waive the right to a refund when signing up on the day.
5. Please be aware there are two forms for signing up for a teen gym membership. One form state terms and conditions and the other requests all medical information.
6. All forms must be signed by the ID parent or Guardian.

Additional teen gym rules and regulations

1. All teen memberships must accompany alongside a parent or guardian paying membership. If the parent or guardian ceases their membership, then the teen gym membership will be revoked.
2. At no time should a teen gym member be left to train whilst the parent or guardian is not in the gym area.
3. It is up to the parents or Guardian to supervise them whilst in the sports center.
4. There is no access to the changing rooms, exercise classes or spa area. Toilets are available in the reception area.
5. All teen gym members should limit their workouts to a maximum of one hour ten minutes.
6. The teen gym member should work towards 15= repetitions lifting no more than 50% of their own body weight.
7. We strongly advise you to warm up using one of our cardio machines for 5- 10 minutes, followed by stretching.
8. Under no circumstances should teen gym members use the free weights without seeking permission from a gym instructor.
9. All users will be booked in by a qualified gym instructor to give them a detailed gym induction.
10. Any untoward conversation or confrontation in our facilities must be reported immediately to a member of staff.