

YOUTH FITNESS CENTRE ORIENTATION FORM

WHAT TO WEAR:

Please come prepared to try the equipment. Indoor-only athletic shoes and proper gym attire, including shirts, must be worn. Comfortable clothing that allows you to move freely is recommended.

ETTIQUETTE:

Be respectful of all equipment and fitness areas. Do not drop the free weights and avoid the weight stacks slamming together on fixed weight machines. Return equipment as required by the centre

Be respectful of other patrons. Maintain physical distancing. Follow the sanitation guidelines – be aware that others may be waiting to use the equipment. Complete your sets on one machine and then move on to the next. Avoid shouting and use of profane language. Please leave the centre if you need to take personal messaging via phone, text or video. Personal recording and picture taking are not permitted. Inappropriate behaviour will not be tolerated.

All users are required to wipe down touch points on equipment before and after each use with the sanitization wipes provided. Dispose of the wipes in the waste receptacle provided.

YOUTH FITNESS ORIENTATION CONSENT FORM

A signed Consent Form by a legal parent/guardian is required prior to participating in the Orientation.

ACKNOWLEDGEMENT OF UNDERSTANDING AND CONSENT

Youth between the ages of 13-15 years old must complete an orientation and be registered (including a picture) to use the fitness centre. It is not recommended that teens work to 100% muscle failure for safety reasons. We recommend endurance training (12 - 15 reps) with the correct form. Signing this form, you confirm that you have read, understood, and received a copy of all the information provided on this form. As the designated parent/guardian of the youth named below, I hereby consent to participate in a fitness centre orientation and confirm that should the dependant detailed below not abide by all the conditions outlined, privileges can be suspended without refund.

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

STAFF INFORMATION

DATE OF ORIENTATION	COMPLETED(Y/N)	STAFF SIGNATURE

your recreation connection



FULLER LAKE ARENA 250.246.3811 | arena@northcowichan.ca

COWICHAN AQUATIC CENTRE 250.746.7665 | aquatics@northcowichan.ca

REGISTER @ www.reccowichan.ca

follow us @NorthCowichan www.northcowichan.ca/recreation

YOUTH FITNESS CENTRE ORIENTATION FORM

Orientation is required for all All YOUTH (13-15yrs) to access the Fitness Centre and Fitness Programs. Youth under the age of 13yrs are not permitted access. A signed Consent Form must be provided before participating in orientation. On each visit, youth will be required to show their membership card with a sticker on entry to Fitness/Front deck Staff.

YOUTH ORIENTATION REQUEST FORM

WHAT TO EXPECT:

The orientation will provide you with essential information to help you get started on an exercise program—basic Equipment Use and Tips on Weight Training to prevent injury to yourself or the equipment. Once the Instructor has demonstrated the appropriate use of equipment in the facility, you will have the opportunity to try it for yourself. The Instructor will provide, if time permits requests for a demonstration on specific pieces of equipment. At the end of the orientation, the Instructor will provide you with a completed form to return to reception.

Personal Information									
Name									
Phone									
Email									
Fitness Orientation Schedule Please indicate a time(s) you are available for your orientation. (please note that orientation takes approximately 30 to 60 minutes)									
Monday		Tuesday		Wednesday		Thursday		Friday	
3:00PM		2:00PM		3:00PM		2:00PM		2:00PM	
3:30PM		2:30PM		3:30PM		2:30PM		2:30PM	
4:00PM		3:30PM		4:00PM		3:30PM		3:30PM	
4:30PM		4:00PM		4:30PM		4:00PM		4:00PM	
If you are unavailable for all of the times above, Please sepeify a specific time below and we can see if you can be accommodated.									

Please return the completed form to front reception or email Trenton.McLaren@northcowichan.ca to schedule your Youth Fitness Centre Orientation.

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