

UNIREC

YOUTH POLICY

0 - 7 YEARS OLD

- Is not allowed on the premises except during Social Sport where they may sit in the Sports Hall child safe area if under direct adult supervision.
- NB: Guidelines for the child safe area must be adhered to or you may be asked to leave.

8 - 13 YEARS OLD

- Is allowed in the Sports Hall and Squash Courts if directly supervised by a parent/guardian over the age of 16 years old.

14 - 15 YEARS OLD (SUPERVISED)

Can use weights and cardio equipment if the following conditions are met:

1. Before purchase of membership - meet with Health & Fitness Manager to discuss training background and purpose of membership
2. Health & Fitness Manager will make an appointment for youth to meet with Fitness Trainer for a programme to be designed to youth's requirements
3. Youth membership to be purchased (or start date) on day of appointment with Fitness Trainer

Can use Squash Courts, Sports Hall and attend Group Exercise Classes unsupervised with parental permission.
Use of Endless Pools must be supervised by someone aged 16 years or older.

14 - 15 YEARS OLD (UNSUPERVISED)

Can use weights, cardio equipment, Squash Courts, Sports Hall and attend Group Exercise Classes if the following conditions are met:

1. Before purchase of membership - meet with Health & Fitness Manager to discuss training background and purpose of membership
2. Health & Fitness Manager will make an appointment for youth to meet with Fitness Trainer for a programme to be designed to youth's requirements
3. Youth membership to be purchased (or start date) on day of appointment with Fitness Trainer
4. Mandatory to be part of the High Performance Membership - to be purchased at the same time as the youth membership

Use of Endless Pools must be supervised by someone aged 16 years or older.