

YOUTH POLICY

I UNDERSTAND AND AGREE TO COMPLY WITH THE FOLLOWING YOUTH POLICY:

0-7 YEARS

Is not allowed on the premises except during Social Sport where they may sit in the 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

Is allowed to use sports hall and squash courts if directly supervised by a parent/guardian over the age of 16 years or with an organised group e.g. a school which has received prior permission from UniRec management.

14-15 YEARS

Can use squash courts, sports hall and attend group exercise classes (including REV) unsupervised but require parental permission.

NB: Management's permission is required for activity classes

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

- completed an exercise consultation
- has a signed parental consent form
- 14 and 15 year olds require direct supervision when using equipment by a parent/guardian 16 years or older unless attending YouthFit supervised sessions.

NB: All youths wishing to use the Endless Pools must abide by the Endless Pool terms and conditions

We reserve the right to amend the above policy at any time.