

YOUTH POLICY

UniRec follows standards adopted from New Zealand Exercise Association (2016) and Exercise Sports Science Australia (2020) in the prescription of resistance-based exercise for adolescents under 16 years of age.

7 YEARS OLD OR UNDER

- 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 - 12 YEARS OLD

- Access to Sports Hall & Squash Courts only if supervised by parent or guardian 16 years or older
- Must enter as a Bring-a-Buddy or paid casual visit

13 - 15 YEARS OLD

(8 - 12 years old conditions above also apply)

- The individual has to book a consultation with a Fitness Trainer and complete a UniRec Functional Gym Readiness assessment.
- If the individual successfully performs the test protocol to standard, they are to choose one of the following options:
 - Fitness Trainer consultation and program, or
 - Provide the Fitness Trainer with a copy of their program (provided by school/club trainer or coach) for revision and approval by the Fitness Trainer.
- If the individual does not meet the test standard, they have to commit to the following process:
 - A consultation and 4 week intervention program designed by a Fitness Trainer.
 - Supervision by a parent or caregiver 16 years and older OR Commit to their training sessions when the relevant Fitness Trainer is on shift.
 - NO use of the HP room or upstairs weights room if unsupervised
 - Re-assessment after a minimum of 4 weeks exercise intervention.