YOUTH POLICY

Under 16-year-olds are not permitted on the premises without prior approval from the Health & Fitness Manager.

The following terms and conditions must also be met:

0 – 7 years old:

- 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 (guidelines for the child safe area must be followed).

8 – 13 years old:

- Allowed in the Sports Hall and Squash Courts if directly supervised by a parent/guardian or with an organised group (e.g. school which has received prior permission from UniRec Management).

14 – 15 years old:

- Can use Squash Courts & Sports Hall under parental supervision.

- Can attend group exercise (including REV) unsupervised but requires parental permission (management permission is required for yoga classes).

- Can use weights and cardio equipment if the following conditions are met:
  - Has completed a consultation with a qualified Fitness Trainer or is following a program that has been sighted and approved by the Health & Fitness Manager.
  - Has signed a parental consent form.
  - Direct supervision by a parent/guardian when using equipment (management decision, case-by-case basis)