
YOUTH WEIGHT ROOM ORIENTATION REQUEST

We are pleased you have decided to join us for a Youth Weight Room Orientation. To ensure you get the most out of your experience please review the following instructions prior to your orientation.

Youth 13-16 yrs are required to have successfully completed a Youth Orientation Session prior to using the weight room without Adult supervision.

Youth Name: _____ **DOB:** _____ **AGE:** _____

Parent/Guardian Name: _____

Email: _____ **Cell Phone:** _____

Emergency Contact:

Name: _____ **Relationship:** _____

Contact Phone: _____

Orientation Date (to be completed by Staff)

Booked Date: _____ **Time:** _____

HOW TO BOOK A YOUTH ORIENTATION:

- Complete the orientation request and consent form and return to Timms Community Centre.
In Person: 20399 Douglas Crescent
Email: recreation@langleycity.ca
- Payment for the Youth Orientation Session must be made at the time of booking.
By Phone: 604-514-2940 **In Person:** Timms Community Centre- 20399 Douglas Crescent
- \$10 for 45 minute session. Orientations must be booked 72hrs in advance.
- Youth orientations are non-refundable and non-transferrable. If more than 24 hours notice is given, we will attempt to re-schedule your orientation to another date and time.

WHAT TO WEAR:

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

WHAT TO EXPECT:

- Do not arrive late for your orientation. 24 hours cancellation notice is required for a transfer.
- The signed consent form must be received at the time of purchasing a Youth Orientation.
- Please check-in for your orientation at the reception desk. Your trainer will escort you into the weight room.
- Youth Orientations are done one on one to ensure participants are receiving dedicated time with an instructor to learn the safest methods and proper use of the equipment.
- Your 45 minute orientation will provide a Basic Training Program for personal use.
- An instructor will demonstrate how to use the equipment, you will have the opportunity to try as well.
- At the end of the orientation, the instructor will provide you with a record of completion sheet. Please sign the sheet and return to the instructor.

COVID GUIDELINES:

- For the safety of all participants and staff, the weight room capacity has been decreased. Physical distancing must be observed before, during and after workouts.
- Masks must be worn at all times within the facility except while exercising.
- Proof of full vaccination is required upon entry into the facility.
- All visitors must sanitize their hands upon entry.
- All users are required to sanitize equipment after use.

YOUTH ACCESS TO THE WEIGHT ROOM

- Youth who have successfully completed the Weight Room Orientation will be permitted into the weight room without adult supervision during regular operating hours.
- All patrons must check-in at reception and pay the drop-in fee or swipe their pass card.
- A hand stamp is required to show proof of payment.
- All patrons are expected to follow posted policies, procedures and etiquette.

YOUTH ORIENTATION CONSENT FORM:

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

Acknowledgement of Understanding and Consent

Youth between the ages of 13-16yrs must complete an orientation and be registered in our system to use the weight room. Signing this form, you confirm that you have read, understood and received a copy of all information provided on this form. I, as the designated parent/guardian of the youth named below, hereby give consent to participate in a weight room orientation and confirm that should the named dependant not abide by all conditions outlined, privileges can be suspended without refund.

Name of Youth: _____ DOB: _____

Name of Parent/Guardian: _____

Parent/Guardian Contact Phone: _____ Email: _____

Medical Questionnaire: please read and select **YES** or **NO**

YES	NO	
		Has a doctor ever said you have heart trouble?
		Do you frequently have pains in your heart and chest?
		Do you often feel faint or have spells of severe dizziness?
		Has a doctor ever said your blood pressure was too high?
		Has a doctor ever told you that you have a bone or joint problem such as arthritis may be aggravated by exercise?
		Is there a good physical reason not mentioned here why you should not follow an activity program?

Please list any areas of concern (ie: limitations) that your trainer needs to be aware of:

Youth Signature

DATE: _____

Parent/Guardian Signature

DATE: _____

Staff Information	
Date of Orientation:	Trainer:
Completed (Y/N):	Trainer Signature: