

Kids In Gyms Policy - UniActive

UniActive has a responsibility to provide safe, active leisure facilities and services for the wider community. UniActive currently provides services for children including:

- Swim School
- Sports Camps
- Sports birthday Parties
- School Group Fitness Classes
- Junior elite Strength and Conditioning

The minimum age of use of the UniActive gyms (Wollongong Campus and Innovation Campus) is **12years of age**. Please see below the Conditions of Use for Children using gym facilities and Group Fitness Classes

If the Child is 12 & 13years of age

The child must be accompanied by an adult/guardian on their first Visit to UniActive, they must have a parent/guardian countersign the UniActive Pre Exercise Screen. It is strongly encouraged that the child is booked in for an Exercise Consultation on their first visit. Appropriate exercises for this age group will consist of cardio machines, circuit equipment and body weight style exercises/ light dumbbell exercises. Floor gym staff will approach children and tell them to cease any exercises that they deem unsafe for their age.

The child must have a paying adult accompany (via a UniActive membership; Multi-visit pass; Fitness Passport or casual visit) them on each visit to the gym. The parent (or nominated adult) **must accompany** the child to reception to obtain a temporary pass to access the Gym. Children aged 12-13years of age **will not be** provided a RFID for Swipe and Go access, as they will need to verify that they are with an attending adult each visit. The parent/ adult must be in the gym at all times whilst the child is in the gym.

They **are not allowed** access to non-staffed hours at Innovation Campus at any time even if accompanied by an adult.

Children aged 12 & 13 yrs **are not allowed to** attend the following Group Fitness classes:

Rig Strength; HYROX; Reformer Pilates; Cardio boxing

Please check the complexity and intensity of the other classes and that their fitness level and maturity are compatible.

NB: If a child is seen to be in the gym without a parent/carer their parent/carer will be notified and requested to come and collect the child immediately and will be unable to continue to train.

If the Child is 14 & 15years of age

The child must be accompanied by an adult/guardian on their first Visit to UniActive, they must have a parent/guardian countersign the UniActive Pre Exercise Screen. It is strongly encouraged that the child is booked in for an Exercise Consultation on their first visit. They may attend **the gym without** adult/ guardian supervision on future visits. Appropriate exercises include cardio machines, circuit equipment and body weight style exercises/ light dumbbell exercises. Floor gym staff will approach children and tell them to cease any exercises that they deem unsafe for their age. This will be up to the Gym staff discretion, after considering training age and selected exercises. It is strongly recommended that the child is booked in for an Exercise Consultation on their first visit.

They are **not allowed** access to non-staffed hours at Innovation Campus even if accompanied by an adult.

They can attend any Group Exercise class, but please check the complexity and intensity of the class and that their fitness level and maturity are compatible.

If the Child is 16years +

The child must be accompanied by an adult/guardian on their first Visit to UniActive, they must have a parent/guardian countersign the UniActive Pre Exercise Screen.

They are allowed access to non-staffed hours at Innovation Campus, after completing the 24hr Safety Induction.

They may attend **the gym without** adult/ guardian supervision. Appropriate exercises include cardio machines, circuit equipment, and body weight style exercises. Please consider training age, when selecting free weight style activities. It is strongly recommended that the child is booked in for a Kickstarter appointment on their first visit.

It is strongly encouraged that the child is booked in for an Exercise Consultation on their first visit.

They can attend any Group Exercise class, but please check the complexity and intensity of the class and that their fitness level and maturity are compatible.
