

Kids in Gyms Policy – UniActive

Purpose

UniActive is committed to providing safe and active leisure facilities for the wider community. This policy outlines the conditions for children accessing UniActive gym facilities and participating in group fitness classes.

UniActive currently provides services for children, including:

- Swim School
- Sports Camps
- Sports Birthday Parties
- School Group Fitness Classes
- Junior Elite Strength and Conditioning

Minimum Age for Gym Access

The minimum age to use UniActive gym facilities (Wollongong Campus and Innovation Campus) is 12 years.

For safety reasons, **babies and children under the age of 12 are not permitted to accompany members while they work out** in the Gym, Aquatics or Group Fitness classes. All children must remain under the care of a responsible guardian outside the training space.

Conditions of Use for Children in the Gym

Children Aged 12 & 13 Years

- Must be accompanied by a parent/guardian on their first visit to UniActive, and the UniActive Pre-Exercise Screen must be countersigned by the parent/guardian.
- Strongly encouraged to book an Exercise Consultation on their first visit.
- Permitted exercises include cardio machines, circuit equipment, bodyweight exercises, and light dumbbell exercises.
- Gym floor staff may instruct children to stop any exercises deemed unsafe.

Supervision Requirements

- An adult must accompany the child at all times while in the gym.
- The supervising adult must hold a valid UniActive membership, Multi-Visit Pass, Fitness Passport, or casual visit pass.
- The adult must accompany the child to reception on each visit to obtain a temporary pass; children aged 12–13 will not receive RFID access for Swipe and Go entry.
- If a child is found in the gym unaccompanied, their parent/guardian will be contacted and required to collect the child immediately.

Restrictions

- Children aged 12 & 13 are not permitted to train at the Innovation Campus gym outside of staffed hours, even if accompanied by an adult.
- They are not allowed to attend the following Group Fitness Classes:
 - Rig Strength
 - HYROX
 - Reformer Pilates
 - Cardio Boxing
- For other group fitness classes, parents/guardians must assess whether the intensity and complexity are suitable.

Children Aged 14 & 15 Years

- Must be accompanied by a parent/guardian on their first visit to UniActive, and the UniActive Pre-Exercise Screen must be countersigned by the parent/guardian.
- Strongly encouraged to book an Exercise Consultation on their first visit.
- Permitted exercises include cardio machines, circuit equipment, bodyweight exercises, and light dumbbell exercises.
- Gym floor staff may instruct children to stop any exercises deemed unsafe.

Supervision Requirements

- 14 & 15-year-olds may attend the gym unaccompanied after their first visit.

Restrictions

- 14 & 15-year-olds are not permitted to train at the Innovation Campus gym outside of staffed hours. They must only train during supervised hours. (Please check the website for updated staffed hours.)
- They may attend any Group Fitness Class, but parents/guardians should ensure the class intensity and complexity match their fitness level and maturity.

Children Aged 16 Years and Older

- Must be accompanied by a parent/guardian on their first visit to UniActive, and the UniActive Pre-Exercise Screen must be countersigned by the parent/guardian.
- Strongly encouraged to book an Exercise Consultation on their first visit.
- May attend the gym unaccompanied after their first visit.
- Permitted exercises include cardio machines, circuit equipment, bodyweight exercises, and free weight exercises (with training experience considered).

Access to Innovation Campus

- 16+ year-olds may access the Innovation Campus gym outside of staffed hours but must complete a 24-hour Safety Induction beforehand.

Compliance

Failure to comply with these policies may result in restricted access to UniActive facilities.

For more details on staffed hours and facility access, please visit the UniActive Website.