



**Leisure Services Department
Espanola Recreation Complex – Fitness Centre
175 Avery Drive, Espanola, ON. 705-869-1961**

Youths in the Fitness Centre Rules and Recommendations

Fitness Centre Rules

Youths aged 9-15 years old can use the Espanola Recreation Complex fitness centre, pool side auditorium ONLY with a paying parent/guardian (18+yrs).

- Youths aged 9-11 years old are only permitted to use the pool side auditorium fitness centre.
- Youths aged 12-15 years old are permitted to use any area of the fitness centre.

Equipment Rules

We understand the benefits of physical activity in youths but also the risk that can come from overuse, heavy weights, and improper form.

- Youths aged 9-11 years old are only permitted to lighter free weights (dumbbells/kettlebells), medicine balls, stability balls, resistance bands, boxes/step-ups, BOSU's, foam rollers and TRX suspension trainer.
- Youths aged 12-15 years old are permitted to use all gym equipment if they are size appropriate. For example, if a youth cannot reach the latissimus pull-down bar, using a resistance band or adjustable cable machine would be a better option.

Exercise Recommendations

Recommendations are to focus on form with bodyweight exercises at first and slowly increase to lighter weights, circuits, and movements that are enjoyable.

I have read, understand, and accept the rules and recommendations of this form.

Date:



Signature of Parent/Legal Guardian:
