



Gymnasium and Group Fitness Age Policy

Policy Owner	Team Leader Health and Wellness Leisure Services
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Please check Council's Intranet to ensure this is the latest Revision

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1. PURPOSE

To promote the safety and enjoyment of patrons utilizing the Mitchell Leisure Services fitness facilities and services by clarifying the minimum participation age of patrons and ensuring young participants are adequately supervised by a parent or guardian at all times.

2. SCOPE

The policy applies to:

- Members of Mitchell Leisure Services
- Visitors to the Mitchell Leisure Centres

3. DEFINITIONS

Cardio-based group fitness classes

Spin and Aqua Aerobics classes

Fitness facilities

Gymnasium, group fitness studio, spin studio and pool

Fitness services

Cardio-based group fitness classes, resistance-based group fitness classes, specialist group fitness classes, fitness appraisals and personal training sessions

Resistance-based group fitness classes

Bootcamp, Body Pump, total body conditioning, fat burner and boxing classes

School booking

The lease of any or all parts of the group fitness studio, spin studio or gymnasium and a gym instructor or group fitness instructor for the sole attendance by and use of school students

Specialist group fitness classes

Yoga and Pilates

4. POLICY

- 4.1 Patrons under the age of 13 years are not permitted to enter the gymnasium or group fitness studio at any time.
- 4.2 Patrons aged 13 to 15 years are permitted to utilize the gymnasium under the supervision of a responsible parent or guardian over the age of 16 or a Mitchell Leisure Services gym instructor during Teen Gym hours.

- 4.3 Patrons aged 13 to 15 years are permitted to participate in cardio-based group fitness classes under the supervision of a responsible parent or guardian over the age of 16.
- 4.4 Patrons aged 13 to 15 years are not permitted to participate in resistance-based group fitness classes at any time.
- 4.3 Patrons aged 16 years or over are permitted to utilize the gym and group fitness studio without the supervision of a parent or guardian.
- 4.4 Patrons under the age of 18 must have a parent or guardian witness and sign a Par-Q questionnaire prior to participation in any exercise at a Mitchell Leisure Centre.

5. EXEMPTIONS

- 5.1 Patrons aged 13 years and over are permitted attend any group fitness classes that comprise a school booking.

6. RESPONSIBILITIES

Gym instructors, group fitness instructors, duty managers, receptionists, lifeguards, team leaders and management are responsible for implementing this policy.

7. RELATED DOCUMENTS

Gymnasium and Group Fitness Code of Conduct