

Teen Fit / Train Together Registration Pack

Teen Fit Sessions

Similar to Train Together where young members will be able to use the cardio vascular and resistance machines, however, these sessions are for when young people aged 12+ want to come to the gym on their own.

These sessions are fully supervised by our gym team who will assist them with their workout if they need it.

Session times vary, please ask the gym team / reception for more information on these times.

Maximum of 10 young people in each session

Train Together

We want members to be able to train with their children as family fitness is very important to us.

Young people aged 12+ will have the ability to use all of our cardio vascular and resistance machines at any time, provided they are with a member aged 16+ that will supervise them throughout the session. Adult members are responsible for their children during these sessions, so please ensure you monitor their activity, not only for their safety, but to respect the other users of the gym.

Maximum of 10 young people in the gym at any one time. Maximum of 2 children to every 1 adult member.

Rules and Regulations

1. The health questionnaire, parental consent section, health commitment statement and induction check list within this pack must be signed and completed prior to use. This pack must also be brought back in with a Parent/Guardian on the first session so we can confirm parental consent.
2. A **full induction** is required for both Teen Fit and Train Together Members prior to use. **These inductions are offered on the first visit during a Teen Fit session.** Train Together members **must** also attend a Teen Fit Session on their first visit to ensure the induction has been completed.
3. All equipment must be signed by the Teen Fit / Train Together member and countersigned by one of our gym team to confirm you know how each piece of

equipment is safely operated. This is found on the induction check list section of this pack.

4. Teen Fit / Train Together sessions are only for 12 – 15 year olds (proof of age may be requested to verify this)
5. Each Teen Fit / Train Together members' details and photo will be added to our computer system and a membership card (loyalty card) will be issued. This card must be handed to reception on each visit to check in.
6. Personal belongings need to be placed in a locker at both facilities.
 - At Lodge Park Sports Centre, the Loyalty card is used as a locker token.
 - At Corby International Pool, you will need to collect a wristband from reception when checking in for lockers and access. Please return the wristband to reception at the end of each visit. Lockers are located in the male and female changing rooms.
7. Any equipment not listed on the induction check list is strictly prohibited. Any equipment that hasn't been signed by the user or a member of the gym team is also prohibited until it is complete.
8. Teen Fit Sessions are only available on selected days and times and we advise booking. If you wish to come outside of these sessions, you must attend with an adult member (Train Together Session). Teen Fit Sessions can be pre booked and paid up to 8 days in advance as there are limited spaces in each session. Please note a 24 hr cancellation or refund policy applies.
9. On arrival in the Gym please check in with the Gym Team. You must also wear the coloured wristband to show you are a Teen Fit member. This is so we are aware of all users within the session and can monitor you more safely. The Session is supervised and there is always a member of the Gym Team present for help or advice.
10. Wear comfortable fitness/leisure clothing. Trainers and t-shirts must be worn at all times. No hats.
11. We advise you warm up gradually for 10 minutes at start of the session and cool down and stretch for 10 minutes at the end of the session. We can advise and help you.

12. Water is located in the Gym please keep yourself hydrated throughout your session.
13. When using the equipment you must use it properly as you have been instructed (if you are in any doubt, please talk to a member of the gym team, we are happy to help you).
14. Please wipe the equipment down after use with the antibacterial spray and paper towel provided.
15. Please follow all instructions verbal or written by the Gym Team. We operate a 3 strike policy where if you have been told 3 times for mis-using the equipment, using machines that are not allowed, bad language, abusive, threatening behaviour or general misbehaving, the fitness manager will be informed and we will contact your parent/guardian to inform them.

I agree that I have read the above rules and regulations and agree to follow them as a Teen Fit / Train Together Member.

Name: _____ Date of Birth: ____/____/____

Signature Teen Fit / Train Together Member: _____

Parent/Guardian Signature: _____

Gym Staff Signature: _____

Date Signed: ____/____/____

Health Questionnaire

First Name: _____	Surname: _____
Address: _____ _____	Date of Birth: _____
_____	Mobile: _____
_____	Home Tel: _____
Post Code: _____	Email: _____

Health Questions

Do you consider yourself to have a disability? Yes / No

(If yes, please provide more information) _____

Have you been diagnosed with high blood pressure? Yes / No

Have you been diagnosed with a heart condition, suffered a cardiac event or had any cardiac surgery in the last 12 months? Yes / No

(If yes, please provide more information) _____

Do you ever suffer from unexplained shortness of breath or chest pain? Yes / No

(If yes, please provide more information) _____

Have you ever been diagnosed with a pulmonary condition, suffered a pulmonary event such as stroke, or had any pulmonary surgery in the last 12 months? Yes / No

(If yes, please provide more information) _____

Are you currently under investigation, undergoing treatment or have cancer of any kind? Yes / No

(If yes, please provide more information) _____

Are you diabetic? Yes / No

Do you have epilepsy? Yes / No

Are you asthmatic or been diagnosed with any other respiratory condition? Yes / No

(If yes, please provide more information) _____

Do you have any allergies? Yes / No

(If yes, please provide more information) _____

Do you have any joint problems such as arthritis or suffer from back pain for example? Yes / No

(If yes, please provide more information) _____

Have you had any operations in the last 12 months? Yes / No

(If yes, please provide more information) _____

Are you pregnant or gave birth in the last 12 weeks? Yes / No

(If yes, please provide more information) _____

Do suffer from any dizzy spells or fainting? Yes / No

(If yes, please provide more information) _____

Have you been diagnosed with a hernia? Yes / No

(If yes, please provide more information) _____

Are you currently exercising? Yes / No

(If yes, please provide more information) _____

Are you currently taking any medications? Yes / No

(If yes, please provide more information) _____

Health and Fitness Agreement

We advise talking to your doctor before you start becoming physically more active. If you have answered yes to any of the questions above you may be required to obtain a letter from your doctor or medical professional before starting your exercise programme. We do this in the best interests of your health. By signing this document, you confirm that all of the answers you have given are to the best of your knowledge. Should any of your information change, it is your responsibility to inform us and complete a new health questionnaire. You also agree that there is no other reason why you should not participate in any form of physical activity. You also acknowledge that there are inherent risks and dangers when embarking on any physical activity programme. You agree to abide by the verbal / written instructions given to you by the fitness staff and you will observe the rules or any written notice regarding safety whilst using the facilities. The facility has equipment on varying floor height access and particular attention needs to be paid to safety notices or markings regarding this change in floor heights. You agree to use all equipment safely and in accordance with its normal operating procedures, including the correct usage and storage of free weights after use.

Teen Fit Member Name: _____ Date: _____

Signed: _____ Staff: _____

As a parent or guardian, you have checked and acknowledge that the questions on this form have been answered correctly to the best of yours and your child's knowledge. You also give parental/guardian consent for your child to participate in teen fit / junior leisure club activities.

Parent/Guardian Name: _____ Date: _____

Signed: _____ Staff: _____

Emergency Contact Name: _____ *Emergency Address:* _____

Emergency Contact Number: _____

Health Commitment Statement

Your health is your responsibility. The management and staff at this organisation are dedicated to helping you take every opportunity to enjoy the facilities we have to offer. With this in mind, we have carefully considered what we can reasonably expect of each other.

Our Commitment to You

2. We will respect your personal decisions, and allow you to make your own decisions about what exercise you can carry out. However, we ask you not to exercise beyond what you consider your own abilities.
3. We will make every reasonable effort to make sure that our equipment and facilities are in a safe condition for you to use and enjoy.
4. We will take all reasonable steps to make sure that our staff are qualified to the fitness industry standards as set out by the Register of Exercise Professionals.
5. If you tell us that you have a disability which puts you at a substantial disadvantage in accessing our equipment or facilities, we will consider what adjustments, if any, are reasonable for us to make.

Your Commitment to Us

1. You should not exercise beyond your own abilities. If you know or are concerned that you have a medical condition which might interfere with you exercising safely, before you use our equipment and facilities you should get advice from a relevant medical professional and follow that advice.
2. You should make yourself aware of any rules and instructions, including warning notices. Exercise carries its own risks. You should not carry out any activities which you have been told are not suitable for you.
3. You should let us know immediately if you feel ill when using our equipment or facilities. Our staff members are not qualified doctors, but there will be a person available who has had first-aid training.
4. If you have a disability, you must follow any reasonable instructions to allow you to exercise safely.

This statement is for guidance only. It is not a legally binding agreement between you and us and does not create any obligations which you or we must meet.

Member Name: _____

Date: _____

Signed: _____

Staff: _____

Teen Fit / Train Together Induction Checklist

Cardio Equipment	Member Sign	Staff Sign
Arm Cycle		
Rowing Machines		
Treadmills		
S-Drive Treadmills		
Cross Trainers		
Ascent Trainers		
Climbmills		
Hybrid Bikes		
Upright Bikes		
Recumbent Bikes		
Upright Bikes (IFI)		
Spin Bikes		
Resistance Machines	Member Sign	Staff Sign
Adductor / Abductor Machines		
Leg Extension Machine		
Prone Leg Curl / Hamstring Curl Machine		
Chest Fly / Reverse Fly Machine		
Seated Row Machine		
Dip / Chin Assist Machine		
Lat Pull Down Machine		
Dip / Core / Pull Up Station		
Chest Press Machine		
Functional Trainer / Pulley		
5 Stack Pulley (All Stations)		
Shoulder Press Machine		
Triceps Extension Machine		
Arm Curl Machine		
Functional Equipment	Member Sign	Staff Sign
TRX / Suspension Ropes		
Battle Ropes		
Plyometric Boxes		
Medicine Balls		
Fit Balls		
Bosu Board		
Ab Crunch		

Any equipment not on this list is strictly prohibited. Teen Fit / Train Together members are only allowed to use the equipment listed once it has been signed off by a member of the gym team to say that they are competent to do so.

Teen Fit Member Name: _____ Date: _____

Signed: _____ Staff: _____