

Forgotten Coast Fitness and Wellness Center

Policy 2019.1 (Final Implementation date: 3/4/2019)

Subject: Age Requirements

1) Minimum Age Requirements for Membership:

(a) Individuals age 12 and above may become members of the FCFWC. **(b)** A parent or legal guardian is required to sign the FCFWC membership release of liability waiver form for members age 12 - 17 before the individual uses the gym area. **(c)** Members age 12 -15 are allowed in the gym area of the facility so long as their activities/work-out are directly supervised by a FCFWC approved fitness trainer; OR their activities/work-out are directly supervised by an adult member (age 18 and above) of the FCFWC.

2) Minimum Age Requirements for Nonmembers - class participation/personal training:

(a) Individuals age 12 and above may participate in fitness classes or personal training sessions in the aerobic room. **(b)** Individuals ages 12 – 17 are required to have a parent or legal guardian sign the FCFWC release of liability waiver form before participation in a fitness class or personal training session.

A fitness class is defined as: **(a)** a class taking place in the aerobics room; and **(b)** a class offered and advertised to the community and all members; and **(c)** a class open to all members and non-members with appropriate fees charged.

Oversight and Compliance: FCFWC staff are required as a condition of employment to comply with and enforce FCFWC policies. Trainers and contractors are required to comply with FCFWC policies and alert clients and class attendees who are in violation. Board members will also provide oversight.