



## FAST TWITCH SPECIAL CONDITIONS FOR MINORS

<b>TITLE</b>	Minors Policy	<b>AUTHOR</b>	FT Manager
<b>EFFECTIVE DATE</b>	24/1/2019	<b>SIGN OFF</b>	Director
<b>BUSINESS UNIT</b>	Fast Twitch	<b>LAST REVIEW DATE</b>	5th January 2021

### **PURPOSE / BACKGROUND**

We believe exercise is the cornerstone of building strong, robust bodies and positive mental wellbeing, which is why we also offer memberships to juniors. We also believe that the exercise undertaken by juniors needs to be safe, age appropriate and accompanied by an exercise professional during staffed hours. Below we have outlined permitted memberships, access/club entry, equipment usage and program participation for members under the age of 18 years.

### **Definitions**

Legal Guardian: The person legally recognised as the primary caretaker of the minor (if not the parent of the minor).

Minor: A member, casual visitor or guest under the age of 18. For the purposes of Table 1.1, 'minor' is in reference to the age range stipulated in the applicable line of the table.

Team Member/Exercise Professional: A person who is employed by Fast Twitch under a Contract of Employment or acting on behalf of Fast Twitch. .

The following policies are to be followed at all times when allowing an underage person access to the club:

- Membership is permitted only with the consent and signature of the minor's parent/legal guardian on all membership contracts, pre-exercise questionnaires and waivers.
- If a minor wishes to redeem a free trial pass, casual visit, guest pass or the like, a full pre-exercise questionnaire and waiver must be completed and signed by the minor's parent/legal guardian before entry to the club will be granted, and access/usage conditions are as set out in this policy.
- A photograph of the minor must be taken and attached to their account for identification purposes.
- Access is only permitted during staffed hours and permitted equipment use and class participation is set out in the table below.
- A face to face induction with the Club Manager, Head of Department or Fitness Professional must be undertaken prior to any permitted use of the club facilities. The minor cannot opt-out of the induction.
- Participation in programs developed for minors including 'Fundamentals' training, workshops and any other program/class are subject to age and supervision policy of each specific program.
- Recovery Room usage and other recreational facilities will be governed by the club-specific policy available on site relating to that recovery modality and are only for use during staffed hours.



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Table 1.1 - Minor Usage & Access Requirements

### POLICY STATEMENT

Age Brackets	Membership Access	Class and Equipment Access
<b>Under 16 year olds</b>	<p>Access is only permitted during staffed hours and directly accompanied by a parent, legal guardian or exercise professional.</p> <p>Not eligible to redeem Guest Visits, Any special passes or enter any challenges.</p>	<p>Permitted usage is as follows (must be directly accompanied by a parent, legal guardian or exercise professional):</p> <p>Classes: Non-weight-based group fitness. Pilates, Yoga and Stretch Therapy are permitted.</p> <p>Cardio equipment: Under direct supervision</p> <p>Recovery Modalities: Please refer to 'Conditions of Use' for each separate modality.</p> <p>Weight-based equipment under direct instructions from an exercise professional who holds a 'Working with Children' check.</p> <ul style="list-style-type: none"> <li>- Other equipment prescribed by a medical or exercise professional</li> <li>- Programs developed for minors from approved exercise professionals who hold a current 'Working with Children' check.</li> </ul>
<b>17- year old with NO approved access outside of staffed hours</b>	<p>Access is only permitted during staffed hours, however, the minor may access the club independently during these hours.</p>	<p>Permitted usage is as follows (able to undertake independently) during staffed hours:</p> <p>Classes: All group fitness classes where those instructors have the qualification and accreditation to undertake the training of minors.</p> <p>Weight-based equipment for 17-year-olds under direct instructions from an exercise professional who holds a current 'Working with Children' check. Pin-loaded equipment can be used unsupervised.</p> <p>Weight-based equipment for 17-year-olds unsupervised is permitted</p> <p>Cardio equipment: Under program instructions from an exercise professional (unsupervised).</p> <p>Recovery Modalities: Please refer to 'Conditions of Use' for each separate modality.</p> <p>Programs (subject to the age policy of each specific program) developed for minors from approved exercise professional who holds a current 'Working with Children' check.</p> <ul style="list-style-type: none"> <li>- Other equipment prescribed by a medical or exercise professional</li> </ul> <p>Challenges: 6, 8, 12-week challenges permitted.</p>
<b>18 and over</b>	<p>Standard adult membership terms and conditions apply.</p>	<p>All classes and equipment (subject to membership type).</p>

### POLICY SCOPE

Decisions made in accordance with this policy are only made by the Club Manager or Director. Any questions in relation to this policy should be directed to the store manager or Director.