



Guidelines for Families Using Dundonald Hall

To ensure the safety of all patrons, families using the facility must agree to following guidelines:

1. All children under the age of 12 must be under direct supervision of a guardian that is 14 years or older while in the facility. Direct supervision requires that small children must be within arm's reach and all children be visible to the guardian at all times no matter the activity. Adults may utilize a fitness pod (small dedicated workout space used by the parent in a fieldhouse) or identified Parent Friendly rigs to work out while supervising children. Direct supervision during shared physical activity like sports ensures children are staying within the playing area.
2. Small children must not cross the track without a parent accompanying them and should treat it as a road crossing and look both ways to ensure it is clear before proceeding.
3. Children are not permitted in any of the fitness training corners of the Field House, the climbing wall, or on cardio machines while in the Field House. **Children under 13 years of age are not permitted in the weight room and cardio room under any circumstances.**
4. There are 2 designated Parent Friendly workout rigs located in the back corner of the field house. Parents utilizing these stations must follow the guidelines posted at those stations to ensure safety protocols are adhered to.
5. Children and parents are welcome to use the three sport courts in the field house and the gymnasium for physical activity if the area is not already occupied. Sports equipment may be signed out from the front desk.
6. Track use is permitted for children under the direct supervision of a parent. They must stay within a single lane, follow the travelling direction of the day and must stay on outside lanes only. They must not impede or interfere with anyone else on the track at any time.
7. Children are not permitted to use any weight training equipment at any time, including dumbbells, kettlebells, or medicine balls/slam balls.
8. Food is **not** allowed in the field house at any time.
9. Stroller use on the track is allowed if wheels are clean from outside dirt and debris. Strollers are not permitted in the weight room, cardio, room, fitness training corners of the field house, or the climbing wall. Indoor strollers are available to sign out at the front desk.



Guidelines for Youth Using Dundonald Hall

To ensure the safety of all patrons, youth using the facility must agree to the following guidelines:

1. Dundonald Hall defines a youth as anyone between the ages of 12 and 17.
2. Youth may access Dundonald Hall without a parent once they are 12 years or older and have a PSP Plan card with their picture and date of birth.
3. Youth 12 years and up without a PSP Plan must sign in and leave a parent name and contact number and pay a drop-in fee. Drop ins for youth gives access only to the sports areas and age-appropriate activities if available.
4. While in the facility youth may sign out sports equipment and access the Field House sports floors and the gymnasium. No food is allowed in the playing areas.
5. Youth ages 13-14 may only partake in fitness/weight training workouts in the weight room/cardio room/field house with an adult 18 years or older supervising them at all times.
6. Youth ages 15-17 who have completed the CFMWS Youth Fitness Orientation program are allowed to train in the weight room and cardio room without a parent¹. These youth may also access cardio equipment, plyo boxes, BOSU, medicine balls, slam balls and bands and train in a field house or bubble. **Youth must show proof of completion of the course to access the training area. They still require an adult to supervise any fitness training in the field house lifting corners (rigs/platforms).**
7. Youth ages 15-17 who have not taken the CFMWS Youth Fitness Orientation course through Community Recreation may access fitness training areas only under the constant supervision of a parent/guardian 18 years or older until such time that they can participate in an orientation course.
8. Unsupervised youth are not allowed to access the climbing wall², or any of the fitness training corners in the Field House. While in the field house, youth are not allowed to use barbells, dumbbells, kettlebells or any equipment in the lifting corners without a guardian 18 years or older directly supervising them.

1.5590-0 (NRYSM/CFPSA) Policy Statement – Youth Access to Fitness Training Facilities.

2. Youth who are members of the Indoor Rock Climbing Club may use the wall during club times with club supervision.