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Buell Fitness and Aquatic Centre  
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# POLICY

## BUELL FITNESS AND AQUATIC CENTRE

### YOUTH AGES 13 TO 15 TRAINING POLICY

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1. Youth members aged 13 to 15 are only permitted to use a limited selection of equipment and must be supervised by an adult aged 18 or older.

2. The following areas and equipment are **prohibited** for youth members:

- |                               |                                      |
|-------------------------------|--------------------------------------|
| • Weight Room                 | • Weight Machines                    |
| • Cardio Room                 | • Barbells, Kettlebells, & Dumbbells |
| • ROGUE, Sleds, & Accessories | • Cardio Machines                    |

3. Youth aged 13–15 can register for the **Youth Fitness Orientation**. Those who complete it will be granted permission to use additional fitness equipment and will no longer require adult supervision.

- ✓ **Permitted:** All cardio machines (fieldhouse and cardio room)
- ✓ **Permitted:** Weight machines (fieldhouse)

✗ **Prohibited areas:** Weight Room, ROGUE area, and all free weights.

4. The Youth Fitness Orientation will:

- ☑ Provide knowledge to safely use specified cardio and strength equipment.
- ☑ Introduce basic physical training principles and components of fitness.
- ☑ Discuss exercise safety and injury reduction strategies.
- ☑ Review facility policy and etiquette.
- ☑ Review Canada's food guide and nutritional requirements in relation to exercise.

5. Youth aged 16-17 will have full access to our fitness equipment and training areas; however, they are welcome to register for the PSP Youth Fitness Orientation to enhance their knowledge.

6. It is recommended that all youth, as well as their parents/guardians, visit these links and review the information prior to starting a program:

- [24-Hour Movement Guidelines – Canadian 24-Hour Movement Guidelines \(csepguidelines.ca\)](#)
- [Canada's Food Guide](#)
- [Get Active - ParticipACTION](#)

**By signing this document, I certify that I have read and understand what is written above and agree to abide by this policy. Furthermore, I acknowledge that my privileges may be revoked if I fail to follow this policy or my training.**

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NAME OF YOUTH

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NAME OF GUARDIAN

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SIGNATURE OF GUARDIAN