



YOUTH MEMBERSHIP RULES, PARENT CONSENT & INDUCTION RECORD

Ages 13-15 | YOUTH ACCESS: STAFFED HOURS ONLY

YOUTH MEMBER AND PARENT/GUARDIAN DETAILS

Youth member	Full name: _____
Date of birth / Age	DOB: _____ Age: _____
Parent / Guardian	Full name: _____

BEFORE TRAINING INDEPENDENTLY

1 Sign this form with a parent/guardian > 2 Complete Total Body Workout Program Induction 1 > 3 Complete Total Body Workout Program Induction 2 > 4 Staff approval for independent youth training

JENKINS GYM YOUTH RULES

1. I may enter and train only during Jenkins Gym's published staffed hours, and I must leave by the end of staffed hours.
2. I must complete both booked Total Body Workout Program induction appointments before I am allowed to train at the gym without my parent/guardian.
3. I will follow my Total Body Workout Program and any instructions given by Jenkins Gym staff.
4. I will only use equipment and exercises I have been shown how to use, unless a staff member approves something different.
5. I will use sensible weights, controlled technique and safe repetitions. Maximum-lift attempts, unsafe lifting and showing off with heavy weights are not permitted.
6. I will use all safety settings, pins, clips and stops correctly and ask staff for help whenever I am unsure.
7. No horseplay, running around the gym, throwing weights, deliberately distracting others, or unsafe behaviour is permitted.
8. I will return weights and equipment after use, keep my training area tidy and follow gym hygiene requirements.
9. I will wear suitable training clothing and appropriate footwear.
10. I will not bring in, let in, or give access to friends or other non-members.
11. I will immediately tell a staff member about pain, injury, damaged equipment, or anything that feels unsafe.
12. I understand Jenkins Gym staff may stop an exercise or my training session if they believe it is unsafe. Repeated or serious breaches of these rules may result in youth access being suspended or cancelled.

YOUTH MEMBER AND PARENT/GUARDIAN AGREEMENT

We have read and understood the Jenkins Gym Youth Rules. We understand that membership for ages 13-15 is restricted to staffed hours and that independent training is permitted only after both compulsory Total Body Workout Program induction appointments have been completed and a staff member has approved the youth member for independent training.

Parent/Guardian consent: I consent to the youth member attending and training at Jenkins Gym without me being present once the two compulsory inductions have been completed and staff approval has been given, provided they attend only during staffed hours and comply with these rules.

Youth member signature: _____ Date: _____

Parent/Guardian signature: _____ Date: _____



COMPULSORY TOTAL BODY WORKOUT PROGRAM INDUCTION RECORD

Youth members aged 13-15 must complete BOTH appointments before independent training is approved.

APPOINTMENT 1 - TOTAL BODY WORKOUT PROGRAM INTRODUCTION

Date: _____

Time: _____

Staff member: _____

Total Body Workout Program / card reference: _____

- ☐ Staffed-hours-only access and check-in procedure explained
- ☐ Warm-up / cardio equipment used safely
- ☐ Total Body Workout Program exercises reviewed in correct order
- ☐ Equipment set-up, seat positions, pins and safety settings understood
- ☐ Safe starting weights, repetitions, tempo and rest periods explained
- ☐ Correct technique and controlled movement demonstrated
- ☐ Gym etiquette, re-racking and hygiene requirements understood
- ☐ Youth member knows to stop and ask staff if unsure, in pain, or if equipment feels unsafe

Staff notes / technique points / restrictions:

Youth member initials: _____

Staff signature: _____

APPOINTMENT 2 - TOTAL BODY WORKOUT PROGRAM REVIEW & COMPETENCY CHECK

Date: _____

Time: _____

Staff member: _____

Total Body Workout Program / card reference: _____

- ☐ Youth member completed the Total Body Workout Program under staff observation
- ☐ Safe equipment set-up demonstrated without prompting
- ☐ Appropriate weights and controlled technique maintained
- ☐ Youth member followed the program and gym rules appropriately
- ☐ Youth member knows their limits and when to ask for staff assistance
- ☐ Staffed-hours-only condition and no after-hours/public-holiday access reconfirmed
- ☐ Any technique corrections or restrictions have been recorded below
- ☐ Youth member appears ready for independent training during staffed hours

Staff notes / technique points / restrictions:

Youth member initials: _____

Staff signature: _____

FINAL STAFF APPROVAL - INDEPENDENT YOUTH TRAINING

☐ **APPROVED** for independent training during staffed hours only ☐ **NOT YET APPROVED** - further coaching required

Staff member: _____

Date: _____

Staff signature: _____

Youth member signature: _____

Any ongoing restrictions: _____

IMPORTANT: Do not activate independent youth access until both appointments are complete and the final approval above is signed.