Gyms - Child/Young Adolescent

Consent Form

Privacy Collection Notice

Logan City Council is collecting your child's personal and contact details with your consent, in order for our fitness staff to have knowledge of any special circumstances for your child to use our gym facilities appropriately and safely. This information will be collected along with a Gym Membership Form. This information will only be accessed by employees of Logan City Council. Your information will not be given to any other person or agency unless you have given us permission, or we are required by law. For more information, please visit: **loganleisurecentres.com.au/privacy**

Young Child/Adolescent Details

Name

Date of Birth

Home Address

Parent/Guardian Details

Name

Home Phone

Mobile

Email

Emergency Contact 1

(not Parent/Guardian previously mentioned)

Name

Relationship to Child

Phone

Emergency Contact 2

(not Parent/Guardian previously mentioned)

Name

Relationship to Child

Phone

Consent

I, _____ hereby agree to the following 'Eligibility Requirements' for my child/young adolescent to participate at inSports Health & Fitness (Please turn over for 'Eligibility Requirements').

Name

Signature of Parent/Guardian

Date Signed

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Eligibility Requirements for Each Age Group

An inSports Special Circumstances Form, completed by the parent/guardian, is first needed to perform anything other than stated below for that particular age group.

16 and 17 years of age

- Eligible for own centre membership
- Can use centre facilities as casual member without parent/guardian supervision
- Must complete pre-exercise screening questionnaire prior to commencement of any program
- Must undertake initial Kick Start sessions (cardio machines and pin loaded equipment) with a qualified inSports Fitness Leader/PT sub-contractor at the beginning of their membership

14 and 15 years of age

- Young Adolescents Consent Form needed. Parents/guardians signature needed on all gym forms.
- ***NOT eligible to use centre facilities as a casual member without parent/guardian supervision.***
- ***Eligible for gym membership with supervising parent/guardian who must also be a member of inSports.***
- Eligible to participate in supervised/structured group activities specific to children
- Can use all cardiovascular equipment unsupervised, following an initially booked training session with a qualified inSports Fitness Leader/Personal Trainer. Supervising parent member must be in facility.
- Can participate in a body-weight based exercise program unsupervised, following an initially booked technique and program session with a qualified inSports Fitness Leader Personal Trainer who develops the program. Supervising parent must be in the facility.
- Can participate in a pin loaded/free weights-based, resistance training program on the proviso that:
  - Pre-exercise screen has been assessed by a qualified staff member
  - The weights based program has been designed and is to be initially supervised by an inSports Fitness Leader/Personal Trainer, with a parent/guardian who is a member attending to understand the program
  - Must be supervised at all times whilst undertaking a weights based program by a parent/guardian who is a member of inSports
- Can participate in ALL supervised/structured group fitness classes including all water based group fitness classes, but must be supervised at all times in the class by a parent/guardian who is a member of inSports.
- If the adolescent is undertaking Personal Training, the personal trainer can be classified as the guardian while in the gym. However, a parent/guardian must also be in the facility in case of emergencies.

Return completed form via email to:
leisurecentres@logan.qld.gov.au

Logan Metro Fitness Centre
357 Browns Plains Rd, Crestmead
07 3081 6622

Mount Warren Sports and Fitness Centre
2 Milne St, Mt Warren Park
07 3094 5401

Office use only

Received by	
Date	
Action Taken	
Staff Initials	

CAL_00503

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