

# Youth Orientation:

Full Name: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Dates Available, please circle one:

Monday	Tuesday	Wednesday	Thursday	Friday
am or pm	am or pm	am or pm	am or pm	am or pm

\*We will contact you to set up the Youth Orientation.

## **OFFICE USE ONLY:**

Orientation Date: \_\_\_\_\_ Date of Completion: \_\_\_\_\_

Trainers Signature: \_\_\_\_\_

Approval of the Wellness Director: \_\_\_\_\_



If you are 14-16 of age and you have taken Free Weight Training class at your high school please bring us proof with your gyms teachers' signature to be able to use the Weight Room here at the Ottumwa YMCA  
Gym Teachers Name: \_\_\_\_\_  
School: \_\_\_\_\_  
Signature: \_\_\_\_\_

# Youth & Teen Facility Consent Form

## Ottumwa YMCA

### Youth Facility Guidelines

The Ottumwa YMCA is committed to helping our youth and teens develop a healthy lifestyle. The fitness team is ready to help them take that next step. The YMCA provides FREE youth and teen orientations which are designed to help learn the safe and effective use of designated fitness equipment. This promotes a safe and positive environment for all members. Orientations are not optional if wanting to use the YMCA equipment, youth have to go through a fitness orientation.

- Youth 9 and under: For the safety of this age group, they are not permitted to be in the fitness equipment areas, unless working with a YMCA personal trainer.
- Youth 10 years old (Green Card): This age group has access to all cardio equipment and the indoor track. \*Group fitness class attendance is allowed with a parent. Access to the free weight and Cybex center area is not allowed.
- Youth 12-13 years old (Yellow Card): This age group has access to all the cardio equipment and indoor track. Use of the Cybex center and \*Group fitness class attendance is allowed with a parent. Access to the free weight center area is not allowed.
- Youth 14-16 years old (Red Card): This age group has access to all cardio equipment, Cybex room and the indoor track. \*Group fitness class attendance is allowed with a parent. Access to the free weight is allowed if they bring proof of taking free weight classes in high school. Without this proof they are not allowed downstairs.
- Youth 17-18 years old: This age group has full facility access.

\*For safety of our youth and teens, not all fitness classes are available to youth ages 10-14. Contact the Health and Wellness Director for additional information on approved classes.

### Youth Consent Form

\_\_\_\_\_  
Youth Full Name (Print)

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Age

I/We understand and agree to abide by the current fitness center/indoor track guidelines and policies of the Ottumwa YMCA. In addition, I/We understand that my privileges to use certain pieces of equipment and/or the fitness center and indoor track in its entirety may be restricted or revoked for behavior or safety concerns. I/We acknowledge, accept, and understand the above stated agreement and guidelines, for my age group, in the YMCA. I/We understand that if my membership card is not with me, I will not be able to use the fitness equipment at the YMCA.

I/We understand the risks involved with using the Ottumwa YMCA Fitness Center and agree I/we am taking part in this event at my own risk. By signing this form, I/we release the Ottumwa YMCA, City of Ottumwa, sponsors, organizers, volunteers, and officials from any liability including claims for personal injury, death and other damages that occur.

\_\_\_\_\_  
Youth Signature

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Emergency Contact Name (Print)

\_\_\_\_\_  
Emergency Contact Phone Number