



A Service of Tulare Local Healthcare District

Policy Name:	Youth Member Policy
Policy Number:	
Version Number:	001
Approved by Board on:	
Scheduled review date:	

Purpose

Evolutions Fitness & Wellness Center ("Fitness Center") is committed to providing a safe, welcoming environment for members of all ages. This policy establishes the requirements for youth memberships to promote member safety, appropriate supervision, and responsible use of fitness equipment.

Eligibility

- Individuals must be at least 12 years of age to access the fitness floor.
- Individuals under the age of 18 may not hold an individual membership and must be enrolled as an add-on to an active adult member's account.
- The adult member is financially responsible for the youth member and is responsible for ensuring compliance with all facility policies.
- The youth member will be required to enroll individually upon reaching the age of 18.

Parent/Guardian Requirements

Prior to accessing the facility, the youth member must have:

- A parent or legal guardian complete and sign the Membership Agreement.
- A parent or legal guardian complete and sign all required waivers, releases of liability, and assumption of risk documents.
- Emergency contact information on file.
- A completed member profile and photo in the membership system.

Youth members may not sign legal documents on their own behalf.

Supervision Requirements

Youth members ages 12–17 must be accompanied by the adult member associated with their membership at all times while using the fitness floor.

For purposes of this policy, "accompanied" means:

- The supervising adult must remain inside the Fitness Center.
- The supervising adult must remain on the fitness floor and actively supervise the youth member.
- The supervising adult may not leave the youth member unattended while exercising.

Staff may require the youth member to discontinue their workout if appropriate supervision is not maintained.

Equipment Use

Youth members may use fitness equipment intended for general member use when supervised by their accompanying adult.

Youth members must:

- Use equipment only as intended.
- Follow all staff instructions.

- Use weight loads appropriate to their experience and ability.
- Re-rack weights and return equipment after use.
- Wipe down equipment after each use.

For safety reasons, staff may restrict access to specific equipment if a youth member is unable to demonstrate safe and proper use.

Group Exercise

Youth members may participate in instructor-led group fitness classes when:

- The class is appropriate for their age and fitness level.
- Space is available.
- They are accompanied by their supervising adult unless otherwise approved by Evolutions management.

Certain specialty classes may have additional age requirements.

Conduct Expectations

Youth members are expected to follow all Fitness Center Rules and Guidelines.

The following behaviors are prohibited:

- Horseplay, running, or disruptive behavior.
- Misuse of equipment.
- Dropping or throwing weights.
- Using equipment in an unsafe manner.
- Harassment or disrespect toward members or staff.
- Filming or photographing other members without permission.

Dress Code

Youth members must follow the same dress code as all members, including:

- Athletic clothing appropriate for exercise.
- Closed-toe, closed-heel athletic shoes.
- Shirts must be worn at all times.

Staff Authority

Evolutions staff reserve the right to:

- Correct unsafe behavior.
- Restrict access to equipment.
- Require additional supervision.
- End a workout session if safety concerns arise.
- Suspend or revoke youth membership privileges for repeated policy violations.

Assumption of Risk

The parent or legal guardian acknowledges that participation in exercise and use of fitness equipment involves inherent risks, including the possibility of injury. By signing the Membership Agreement and Waiver, the parent or legal guardian accepts these risks on behalf of the minor participant and agrees to comply with all Evolutions policies and staff instructions.

Policy Violations

Failure to comply with this policy may result in:

1. Verbal reminder.
2. Removal from the fitness floor for the remainder of the visit.
3. Temporary suspension of youth membership privileges.
4. Permanent termination of the youth membership for repeated or serious violations (which may result in the inability of the youth member to later enroll individually).