

Membership Age Policy

In accordance with Fitness Australia's WH&S guidelines our Membership Age Policy aims to provide a healthy and safe training environment for all ages.

Before commencing training we do require a Pre-Activity Questionnaire to be filled out and signed by both the underage participant and parent or legal guardian.

Age restrictions to train;

- ✓ 13 years or older to train with a parent or supervisor within staffed hours
- ✓ 15 years or older to train unsupervised within staffed hours
- ✓ 16 years or older to train with a parent or supervisor within 24/7 access
- ✓ 18 years or older to train unsupervised within 24/7 access

Supervisors must be at least 18 years of age, and have written approval from parent or legal guardian before commencing training. A maximum of 3 participants per supervisor at a time.

For options on Kidz Fit, Swimming Lessons or Personal Training Sessions please contact Reception or visit www.fitnessfocus.com.au

We reserve the right to deny entry of the facility to any person whose attire we do not consider to be appropriate in connection with our Policy.

Questions or concerns must be expressed in writing to Management via email – info@fitnessfocus.com.au

We Thank-You for abiding by our Policy.

