

14–15-YEAR-OLD MEMBERSHIPS

TERMS & CONDITIONS

OVERVIEW

These Terms & Conditions apply to all members aged 14–15 ("Teen Members") and their responsible guardians ("Guardians"). By joining, both the Teen Member and Guardian agree to comply with all conditions listed below.

1. ELIGIBILITY & ACCESS

1.1 Teen Members must be aged 14–15. Proof of age will be requested at the time of purchase.

1.2 A responsible Guardian aged 18+ must **remain present in the gym, pool, and spa areas at all times** while the Teen Member is training or using facilities.

1.3 Entry will be refused if a Guardian is not on-site.

2. MANDATORY INDUCTION & SAFETY REQUIREMENTS

2.1 Teen Members must complete a **Teen Induction and Safety Briefing** delivered by a qualified instructor before any access is granted.

2.2 Inductions will include:

Explanation of **permitted areas of use**, including gym, pool, and spa areas

Full review of **guardian responsibilities**

Review and confirmation of all **Terms & Conditions**

Safety instructions and demonstration of permitted equipment or facilities

2.3 Teen Members may only use the equipment and areas approved during the induction.

3. PERMITTED EQUIPMENT & ACTIVITY RESTRICTIONS

3.1 Teen Members are **strictly limited** to:

Resistance machines

Cardiovascular equipment

Pool and spa facilities (with Guardian supervision)

3.2 Teen Members are **not permitted** to use:

Free weights (dumbbells, barbells, kettlebells, plates)

Functional training equipment or zones

Any other areas not approved during induction

3.3 Guardians must ensure continual compliance with all restrictions.

4. SUPERVISION & BEHAVIOUR

4.1 The Guardian is fully responsible for **direct supervision** of the Teen Member at all times, including pool and spa areas.

4.2 Staff may carry out **spot checks** to monitor compliance.

4.3 Teen Members must follow all instructions from staff and adhere to all behaviour standards.

4.4 Unsafe, inappropriate, or non-compliant behaviour as well as threatening and or harassing behaviour towards other members or staff will likely result in immediate removal or termination of membership, without refund.

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5. SAFETY & EQUIPMENT

5.1 The gym and pool/spa facilities will maintain regular inspection and servicing of all equipment and areas.

5.2 Teen Members and Guardians must follow all instructions from staff regarding safe use of equipment and facilities.

6. INCIDENT REPORTING

6.1 All incidents, injuries, equipment concerns, or rule breaches must be reported to staff immediately.

6.2 Staff will follow standard incident reporting and safeguarding procedures.

7. STAFF COMPETENCE & SAFEGUARDING

7.1 Staff delivering inductions or supervising Teen access will be appropriately qualified.

7.2 Staff are trained in first aid and safeguarding policy reviewed relevant to Teen members.

8. MEMBERSHIP COMPLIANCE

8.1 Failure to comply with these Terms & Conditions may result in:

Temporary suspension of access

Mandatory re-induction

Permanent termination of membership without refund

8.2 The Guardian accepts full responsibility for the Teen Member's behaviour and adherence to these rules and failure to follow may result in The Guardian's membership being terminated without refund.