

AYR Motor Centre

Youth Safety Sessions Agreement

Thank you for choosing to use the facilities, services, or programs at the AYR Motor Centre. We request your understanding and cooperation in maintaining both your and our safety and health by reading and signing the following Youth Safety Sessions Agreement.

To be permitted to use the Tim Hortons Wellness Centre without the supervision of an adult, youth ages 13 and 14 must complete a 2-hour safety course with one of our Certified *Personal Trainers within Ayr Motor Centre Melissa McLaughlin and/or Nicole Manuel*. Upon completion of the safety session, and signed approval from one of our Certified Personal Trainers, youth may proceed to use the Tim Hortons Wellness Centre, under probation until the age of 15. If there are any incidents such as: acting out in the weight room, not using the equipment properly, not putting weights back where they should be or abusing equipment, **youth will lose the privilege of coming on their own, and will only be permitted in the company of an adult.**

The following safety sessions will be required for youth under the age of consent to be able to use the Tim Hortons Wellness Centre:

1. Participation in a gym orientation session that focuses on the use of machines and cardio equipment or you can pay a \$50.00 one on one session.
2. Participation in a one-on-one safety session including gym etiquette and use of free weights (dumbbells and barbells). There will be a \$50.00 fee for this.
3. Session to be Coordinated and payable to Melissa McLaughlin or Nicole Manuel (business cards at reception).

I, _____,

- ☐ Understand that I must participate in the safety sessions mentioned above, as well as get approval from an AMC Certified Trainer in order to use the Tim Hortons Wellness Centre at the ages of 13 or 14.
- ☐ Understand that my membership may be suspended, or taken away due to negligence in the AYR Motor Centre. I declare that I intend to use some or all of the activities, facilities, programs and services offered by the AYR Motor Centre and I understand that each person, (myself included), has different capacity for participating in such activities, facilities, programs, and services. I am aware that all activities, services, and programs offered are educational, recreational, or self-directed in nature. I assume full responsibility during and after my participation, for my choices to use or apply at my own risk any portion of the information or instruction I receive.
- ☐ Understand that part of the risk involved in undertaking any activity or program. I acknowledge that my choice to participate in any activity, service or program of the AYR Motor Centre brings with it my assumption of those risks or results stemming from this choice and the fitness, health, awareness, care, and skill that I possess and use.
- ☐ Understand the activities, programs, and services offered by the AYR Motor Centre may sometimes be conducted by personnel who may not be licensed, certified, or registered instructors or professionals. I accept the fact that the skills and competencies of some employees and/or volunteers will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical

105 Connell Park Road, Woodstock, NB E7M 1M5 | (506) 325-4671
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Date Received :

Office Staff Signature:

Updated: August 2020

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disease or condition by those who are not duly licensed, certified, or registers and herein employed to provide such professional services.

- ☐ Recognize that by participating in the activities, facilities, programs, and services offered by the AYR Motor Centre I may experience potential health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps, and nausea and that I assume willfully those discomfort, fatigue, or any other symptoms that I may suffer during and immediately after my participation. I understand that I may stop or delay my participation in any activity or procedure if I so desire and that I may also be requested to stop and rest by a supervising employee who observes any symptoms of distress or abnormal response.
- ☐ Understand that I may ask any questions or request further explanation or information about the activities, facilities, programs and services offered by the AYR Motor Centre at any time before, during or after my participation.
- ☐ Members are not entitled to cancel a membership or receive a refund with the exception of medical reason. In this case, receipt of a written medical recommendation from a doctor is required.

I declare that I have read, understood and agree to the contents of this youth safety sessions agreement in its entirety

Participants Name: _____ (please print)

Signature of Parent / Legal Guardian: _____

Date of Safety Session 1: _____

Date of Safety Session 2: _____

Approval Grant Yes No

Signature of Trainer: _____

A completed form must be return to the AYR Motor Centre Reception.

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